

BBC

# good food

November 2015  
£5.50 QR15

Middle East

## ALFRESCO SUNSHINE

*It's time to  
fire up the BBQ*

### BRILLIANT BEANS

Lamb lollipops with smashed  
minty broad beans, page 32

### Stars of the month

Seasonal veg gets  
a modern makeover

### Turkey-tastic

Give your Thanksgiving  
bird a twist this year

### DIWALI DELIGHTS

Spice things up  
in the kitchen



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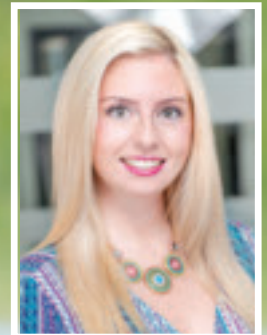
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# Welcome!



Finally, the much-anticipated 'winter' season has arrived in the Middle East and we're able to enjoy the beautiful outdoors once again. I've really missed al fresco get-togethers with friends – nothing beats a late afternoon relaxing in the garden with cold tapas and snacks to nibble on while sipping refreshing beverages as the sun sets. Inspired by this, our al fresco issue is full of delicious dishes that are practical for serving outside (*Al fresco dining is back*, pg45; *Lazy lunch in the sun*, pg39) – all guaranteed to impress your guests.

Speaking of entertaining, inside you'll also find a flavoursome selection of Indian recipes, in celebration of Diwali on November 11 (*Celebrating Diwali*, pg56). Not forgetting, a guide to creating a Thanksgiving turkey with a twist (*Make the perfect turkey*, pg68), and a dinner party spread that won't break the bank (*Smart Thanksgiving menu*, pg71) for the American holiday on November 26.

And, while all of this celebratory feasting is mouth-wateringly magnetic, it can also play a negative role on our health if done in excess. In light of this, don't miss our '10 tips to prevent or control diabetes' on pg86. With the number of people dealing with diabetes continually increasing across the region, it's becoming evermore important that we not only manage a health condition once we have it, but also actively make an effort to prevent them from developing.

With that said, whatever you're celebrating or planning this month enjoy as many of our recipes as possible, and if you have time, be sure to share your foodie snaps with us. We'd love to share your experiences on our readers' page, 'Your say', pg9. Now, all that's left to do is fire up the BBQ (*Bring out the barbie*, pg48) and invite your friends over for an al fresco feast!

Happy cooking, everyone!

*Sophie*  
Editor

## WHAT WE'RE LOVING!



Designer, Odie says: "This al fresco menu is perfect for the cooler weather."



"I'm loving the chicken tikka how-to, which makes the flavoursome dish far less daunting to cook," says Assistant Editor, Surena.



Sales manager, Michael says: "I never knew how versatile broad beans were until I checked-out the brilliant bean feature, which is great for vegetarians!"





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## Our recipe descriptions

**V** Suitable for vegetarians

**❄️** You can freeze it

**❄️** Not suitable for freezing

**Easy** Simple recipes even beginners can make

**A little effort** These require a bit more skill and confidence – such as making pastry

**More of a challenge** Recipes aimed at experienced cooks

**Low fat** 12g or less per portion

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

**GLUTEN FREE** Indicates a recipe is free from gluten

**Some recipes contain pork & alcohol.**

**These are clearly marked and are for non-Muslims only. Look for these symbols:**

**P** Contains pork

**A** Contains alcohol









WHERE DIVERSITY UNITES



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# *The Royal Treatment*



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**Dusit Thani**  
DUBAI



## QUESTION OF THE MONTH

As the weather begins to cool in Dubai, which three restaurants do you feel are best at providing high-quality, comfortable, al fresco dining in the city?

## Q &amp; A

**Kate Fisher**

*A highly-qualified and experienced nutritionist who is a trained microbiologist, and graduate of Nutritional Medicine from university of Surrey. Among other things, she has worked with private clinics and food brands as a nutrition consultant.*

☛ Shades at The Address Dubai Marina has an infinity pool on the terrace with breath-taking views over the boats below. Refreshing salads and grills with scents of shisha wafting through the air provide a truly great combination for a night out. Secondly, Hunters Room and Grill at the Westin Dubai Mina Seyahi; it has a great meat selection - I recommend the silver fern grass-fed New Zealand tenderloin. You can rest assured the Omega 3 fats and Conjugated Linoleic Acids contained are positively the best healthy fatty acids in this tasty steak. The venue has a beautiful patio in the Westin gardens overlooking the sea. I'd also say the waterfront outlets at Jumeirah Beach Hotel. With the Burj Al Arab in sight, fantastic food offerings and freshly-caught local fish on Thursdays. ☛

☛ The Meat and Co at Souk Madinat Jumeirah. I love the whole area as it reminds me of being in Venice, Italy, where I have fond memories from a holiday with my wife Tracy. Food-wise the steaks are great and service is always friendly. Secondly, Zengo at Le Royal Meridien - I love Asian food and sitting outside on the terrace where they have a great bar too. For me, there's nothing better than watching the sunset with a nice cocktail, while eating Asian food. It's one of my best ways to de-stress. Lastly, Reform Social and Grill - I like going here when I fancy a good family-style roast dinner, it's consistent, but a little on the pricey side I feel. It's great for taking the kids as they have a play area. On another note, we're also now open for al fresco dining at The Croft now in our Juniper Garden - great views and great food. ☛

**Darren Velvick**

*Chef de cuisine at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurants, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.*

**Tomas Reger**

*Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London. Founder of Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.*

☛ Firstly I'd say Hakkasan at Jumeirah Emirates towers - you can't beat their terrace. It feels like you're in a Zen garden in the middle of a city. And when it comes to Chinese food, head chef Andy is a true pro. Secondly, Elia, the Greek restaurant in Majestic Hotel is a real hidden gem. The quality of food is amazing and the atmosphere is too, despite the shabby surroundings. Make sure you book your table though as it's usually quite busy and difficult to get in. Lastly, Madinat Jumeirah - pretty much all of the restaurants there have al fresco dining with great views. You immediately feel like you are on holiday and it is always a good place to bring visiting guests. ☛

☛ Relax on white sofas, lit by storm lamps amid olive trees at Bussola at The Westin and order wood-fired pizzas. For a family-friendly option, the luxurious Sea Fu at the Four Seasons has a stunning menu, exquisite beverage list in a beautiful setting right by the beach. It's like dining on a giant wooden raft in the middle of the sea. Lastly, I'd pick the 101 Dining Lounge and Bar at The One and Only The Palm, where you can enjoy a Mediterranean menu as you gaze out onto the bright lights on the shore of the main land with chilled music, low lighting and the water lapping around you. ☛

**Sally Prosser**

*Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.*







TIMELESS. TASTEFUL. THAI.

Revel in authentic traditions throughout the month of November with our Taste of Thai Festival. Experience the newest launch on the Dubai dining scene - The Thiptara HypnoThai Brunch and let your tastebuds travel to Thailand with themed afternoon teas, Loi Kratong celebrations and much more.

Book now at [theaddress.com/tasteofthai](http://theaddress.com/tasteofthai)

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# Your say

We love hearing from you!

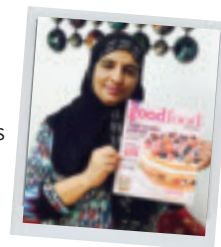
**Win!**

The winner of the Star Letter gets an **EXCLUSIVE SPRÜNGLI CHOCOLATE HAMPER WORTH DHS1,200** containing a range of delightful chocolate treats made with the finest ingredients from all over the world including hazelnuts from Piedmont, Italy and first-class almonds from California coated with Swiss dark chocolate, a bar of Grand Cru chocolate from Maracaibo with roasted hazelnuts, a box of chocolate thins with nougat centres and more.



No matter what the celebration, cakes are a must and represent happiness and fun. Previously, my baking was limited to basic cake recipes for my children and I had never made them with frosting. However, *BBC Good Food ME's* October cover and the different cakes inside ('What's a party without cake?') inspired me. The entire process was made much simpler, so I promised to treat my family to the 'Vintage cottage cake' for my birthday this month. Thank you for your wonderful and useful magazine!

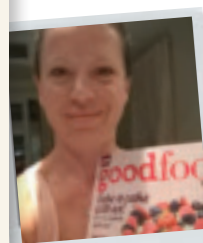
Zaitoon Hameed



## Star Letter

I'm a food lover and am always ecstatic when I receive a new issue of *BBC Good Food ME*. I know that every conceivable dish and its recipe are available on the internet, but there's an age-old charm of flipping through the glossy pages of a food magazine. It gets my creative juices flowing instantly and I'm soon ready to try the new recipes. I'm also a vegetarian and though many of the recipes include meat or seafood, I find ways to make them veggie-friendly. Your magazine is also my go-to place for keeping up with foodie events and news in the UAE.

Arti Karnik



I was pleasantly surprised when I picked up this month's copy of *BBC Good Food ME* as I stumbled upon the 'Tried and tasted' reviews, which is exactly what I needed for my husband's upcoming

birthday and thought this would be a nice change from our usual dinners. I also want to attempt one of the cakes from 'What's a party without cake' for it. As Halloween is around the corner, I think it would be great to try some of the 'Trick or treat' recipes too, they look like they're to die for!

Emilija Andjelkovic

Happy Birthday, *BBC Good Food ME*! A hearty congratulations on eight years of giving your readers mouth-watering recipes, cooking tips and loads more monthly. Being a fish lover, I've always depended on the supermarket staff to clean it, but thanks to 'Learn to fillet a fish', I've managed to master the art of a clean fillet. With this new-found confidence, I prepared your 'Meen Pollichathu' recipe, substituting sea bass with Sherry fillet for my neighbour's party, which went down a treat!

Ruth Misquitta Dubai



I'd like to applaud BBC Good Food ME's team for producing an immaculate magazine. I'm so impressed that I wanted to thank you personally for your thought-provoking, yet practical, articles and also for the easy-to-follow recipes. Being a mother of three children with varying tastes, the publication has given me confidence to feed them quality food of their choice. I appreciate the effort the team puts into the presentation and quality of the articles.

Syeda Romana Khalid



## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.



# Flavours of the month

Here is what's hot and happening around town this month.

## New on the block

### 👉 The Hide, Al Qasr

Debuting as Dubai's first modern American meatery, The Hide offers a warm, rustic, welcoming feel. Expect forgotten steak cuts and premium quality ingredients. While dry aged beef takes the spotlight, the menu also boasts slow braises, roasts, confits, seafood, gourmet gratins and more. Don't miss the DIY rose veal tartar, the meatery's manwich and the 1855 Black Angus hanger steak. *Call 04-4323232.*



### 👉 Inka, Sofitel Downtown

Serving modern Peruvian cuisine paired with panoramic views of Burj Khalifa, the Latin American culinary experience takes place in a chic art-deco setting. Signature dishes include grilled octopus, a range of ceviche and fresh fish, plus much more. *Call 04-3469295.*

### 👉 Bistro Des Arts, Dubai Marina

For Parisian indulgence, head to Dubai Marina Promenade's first licensed eatery, below The Address hotel. The venue will be serving only the finest ingredients and seasonal produce sourced from French regions, in chic and délicieux interiors. *Call 04-5511576.*

### 👉 BikesnBites, Boxpark

Boxpark's latest urban, casual restaurant, BikesnBites is now open and delighting diners with flame-grilled meats in an industrial, cool, bike garage venue. The vibe encourages visitors to take a pit stop and fill up on simple, home-cooked, wholesome food.



The Hide, Al Qasr

Compiled by SOPHIE MCCARRICK | PHOTOGRAPHS SUPPLIED



### ➤ **Traiteur, Park Hyatt Dubai**

The French bistronomic restaurant, Traiteur, has launched its seasonal mushroom and truffle menu. These palatable ingredients have been carefully placed across the dining menu, showcasing unique dishes including 'mushroom fricasee' and 'truffled mushroom risotto', and the experience is concluded with a buffet spread of international cheese for dessert. Meanwhile, Traiteur's restaurant manager and sommelier, Remi Torres is on call to pair your meal with the finest grape from the outlet's extensive wine cellar. *Call 04-6021814.*



### ➤ **La Terrazza, Amwaj Rotana Dubai**

It's time to enjoy Friday brunch outside again, and where better to do so than JBR's largest outdoor terrace at Amwaj Rotana. Starting the first Friday of November, the Big Brunch will take place from 12.30pm to 4.30pm, combining the cuisines of three outlets: Rosso, Benihana and Horizon. With a buffet comprising more than 100 dishes and live cooking stations, there's something for everyone. Prices start at Dhs235. *Call 04-4282000.*

### ➤ **Soul Restaurant and Bar, Mövenpick Hotel Jumeirah Beach**

Focusing on what's fresh and seasonal, Soul Restaurant and Bar's recently-introduced menu remains true to its New York-style cuisine while celebrating what's good right now. Featuring delicious mouth-watering steaks and beef tartare, menu favourites also include beetroot and shaved pear salad, plus garden green pea risotto. Served every night from 5.00pm to 1.00am, guests can enjoy indoor or al fresco poolside dining, paired with the finest grape. *Call 04-4498836.*



### ➤ **Salt, Rixos The Palm**

With picturesque views overlooking Dubai's skyline, the al fresco seafood restaurant, Salt, has reopened for a new menu for the cooler months. From freshly shucked oysters, catch-of-the-day and grilled octopus, to market-fresh chargrilled seafood platters, lobsters and a selection of steaks – the menu offers quality food at reasonable prices. *Call 04-4575555.*

### ➤ **Zheng He's, Mina A'Salam**

For contemporary Chinese at its best, head to the recently-reopened Zheng He's, where a fresh, new menu can be found. Inspired by the famed Chinese nautical explorer, Zheng He, the offering showcases quintessentially oriental dishes, offering a true reflection of Chinese cuisine, with neo-oriental flair in presentation. Fresh seafood features heavily on the menu with a live tank offering crab and lobster daily, as well as turbot, grouper, and snapper. With a spacious outdoor terrace it's a perfect outlet for al fresco dining. *Call 04-3665866. >>*



### ➤ **Caramel, St. Regis Saadiyat Island Resort**

Contemporary high-end American restaurant, Caramel Restaurant & Lounge Abu Dhabi has launched an exciting new menu. In addition to six new decadent truffle dishes and a variety of tantalising mains, lighter options are on offer for the health conscious. *Call 02-6783344.*

### ➤ **Dhow & Anchor, Jumeirah Beach Hotel**

Looking for a new spot to enjoy great British brekkie favourites? Dhow & Anchor is the place, with a new weekend breakfast menu that is served from 9.00am to 12.00pm. Enjoy dining outside with dishes including full English, eggs benedict, Scottish smoked salmon and scrambled egg, bubble and squeak, the omelette 'Arnold Bennett,' featuring smoked haddock and hollandaise sauce, plus more. *Call 04-4068999.*





## Happy Thanksgiving

### ➤ The Ivy, Jumeirah Emirates Towers

Indulge in a traditional Thanksgiving menu in-house at The Ivy, or at home from November 22 to 28. For just Dhs350 per person, the set menu features a host of festive delights such as corn bread, fish chowder or mac n' cheese, followed by mouth-watering mains including traditional roast turkey with all the trimmings, roasted ham or roasted monkfish. Finish off with crunchy caramel apple pie or sweet potato casserole served with marshmallow. *Call 04-4323232.*

### ➤ The Black Lion, The H Dubai

For Thanksgiving, the US-inspired gastropub will be serving a hearty 3-course evening brunch from 7.00pm to 11.00pm. Starting with dishes like roast squash soup and smoked duck pâté, mains including traditional roast turkey, grilled sea bass or maple-braised short rib beef, followed by mouth-watering desserts such as pumpkin pie or pecan tart. Prices start at Dhs250 with soft drinks or Dhs395 with house beverages and fizz. *Call 04-3592366.*

### ➤ Crab Tavern, Media One Hotel

For a Thanksgiving dinner with a twist, Crab Tavern has it covered. From 7.00pm to 11.00pm on November 26, enjoy an evening brunch that will be serving up an array of specialties. Start with the Tavern Platter followed by pulled beef, turkey, classic soft shell crab burger, amongst others. For dessert? Cheesecake, bourbon and maple-soaked waffle, to name a few. Prices from Dhs250. *Call 04-4207489.*



### ➤ Ruth's Chris, The Address Dubai Marina

Celebrate Thanksgiving with a mouthwatering 3-course menu at Ruth's Chris that won't leave you hungry. With starters like creamy butternut squash veloute or seared jumbo sea scallops with honey-soy glaze, then a succulent whole-roasted turkey, carved at the table with sides of sweet potato casserole, green beans sautéed with almond flakes and garlic, fresh cranberry compote and of course, bread stuffing. Dhs450 per person. *Call 04-4549538.*

## Celebrating Diwali

### ➤ Mint Leaf of London, Emirates Financial Towers

Celebrate the Hindu Festival of Lights this year at the elegant fine-dining hot spot, Mint Leaf of London with a Diwali-inspired menu from the start of November until November 11. Available for Dhs225 per person, the three-course menu will feature exquisite Indian dishes such as Mutton Bhoona - a traditional mutton curry; Dal Panchmel - a five lentil stew; and Murgh Kaju Korma with braised chicken thighs and cashew nuts. Those with a sweet tooth can choose the Gajar Halwa Tart with carrot and fudge, Rasgulla - milk sponge in syrup; and pistachio ice cream. *Call 04-7060900.*

### ➤ Naya, Jumeirah Beach Hotel

Enjoy authenticity and visit Naya this month, where head chef Pravish Shetty has carefully prepared an a la carte Diwali menu. With a delectable range of vegetarian dishes from North India, in keeping with the festival's ethnic and cultural traditions. The menu will be available on November 9, 10 and 11. Dishes include Bhindi Jaipuri - crispy fried okra sprinkled with chaat masala and lemon juice; Bagara Baingan - baby aubergine cooked in peanut and dry coconut masala; and Nadru Kofte - lotus stem dumplings poached in rich cashew gravy. In addition to Indian flatbreads and sweet treats such as Anjeer Phirni - fig and black cardamom rice pudding. *Call 04-4323232.*





# Tried & tasted

Each month, we review two of the city's top tables.

## Seafood

**Where:** Catch Dubai, Fairmont Sheikh Zayed Road

**What's it like:** With exposed brick walls, bare ceilings, factory-style fans, graffiti and a mix between modern and old-school hip-hop playing in the background, you're instantly transported to industrial New York at Catch Dubai - a trendy, dark and edgy import from Manhattan.

Seated in a cosy, circular booth in the dining area, the setting is

intimate, relaxed and overlooks an open sushi kitchen and mixology bar. Greeted with the menu, I was pleasantly surprised to find such a wide-range of fish, meat and vegetarian options. There's an impressive starter offering to begin with. From sushi, sashimi, tartar, plus cold and hot appetizers - all of which come sharing-style - you could easily order a few dishes from this section of the menu and leave fully satisfied. Mains are equally as impressive, with highlights including

crispy whole snapper with peppers, and oyster mushroom, Cantonese lobster and whole roasted sea bass, which comes chili rubbed with cracked olive and artichoke. Other fish and seafood options include tuna, salmon, jumbo prawns and kampachi - that's before we even get started on the meaty options, including tomahawk ribeye, wagyu, tenderloin and more.

Should you be able to squeeze in dessert, don't miss the deliciously, chocolatey, oozing 'Hit Me!' - I'll

leave the surprise element to you.

Overall, a perfectly relaxed evening out with great food - the place has real character. Hats off to chef Bobby Griffing. We'll be back!

### If you want to go:

Around Dhs350 per person, excluding beverages. Call 04-3571755.



Sophie McCarrick



Photographs supplied and by REVIEWER



**Where:** Novikov, Sheraton Grand Hotel, Dubai

**What's it like:** This swanky restaurant and bar recently opened its doors in the region, following the success of its London branch, and is rapidly making waves in Dubai's culinary scene. As you enter, you'll find a bar with ample seating and super-friendly bartenders who'll be sure to fix you up with a delicious drink. The elegantly-furnished venue is full of quirky, chic décor with 'dinosaur egg' lighting, beautifully-carved wooden ceilings and more.

Take a stroll to the 'seafood market' displaying the freshest and finest catches that can be selected for dinner before being seated. The portions are surprisingly generous and Chef Shane McNeil can whip up options for every

palette. We opted for salt and pepper tofu along with a selection of sushi and Maki rolls to start. I ate the portion of scrumptious tofu single-handedly, while my dining partner relished rolls of tuna, avocado, salmon and more. Following a green salad with truffle, which was flavoursome without being overpowering, our mains arrived. I tucked into the fried tofu rolls - tofu encompassed in nests of fried noodles complemented by a tangy mango dip - while we shared the Novikov grilled black cod, which was tender and cooked to perfection.

To finish, the chocolate fondant served with ice cream is an unmissable dessert.

I have already returned to Novikov since, so it's safe to say that I would thoroughly recommend a visit!



Surena Chande

**If you want to go:** Dhs350+ per person, excluding drinks. Call 04-3888744



# Marina delights

New executive chef at Dubai Marina Yacht Club, James Knight-Pacheco unveils a brand new and totally irresistible menu!

Enjoy indoor and al fresco dining at its best, set against a stunning panoramic backdrop at the Dubai Marina Yacht Club, where chef James Knight-Pacheco has recently launched a new, mouth-watering menu at the venue's eateries, Aquara and 25°55' Café Bistro.

Aquara is a unique dining destination where land meets sea, and as temperatures cool in the UAE, you're able to enjoy outside dining on the terrace while taking in breathtaking sights of moored yachts. Whether it be for a pre or post-dinner refreshment, Aquara also offers a relaxing lounge to make any evening special.

Named after Dubai's nautical coordinates, 25°55' Café Bistro encompasses Dubai's unique Marina heritage. Popular from breakfast right through to dinner, it has a wonderful selection of mouth-watering dishes on its menu.

## NEED TO KNOW

WHERE:

**Dubai Marina Yacht Club**

MAKE A RESERVATION:

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## MEET THE NEW CHEF

Executive chef James Knight-Pacheco joins Dubai Marina Yacht Club with over 14 years of experience and brings with him the highest standards in quality, world-class customer service, and most importantly an array of irresistibly delicious recipes. Having worked at some of the UK's finest eateries and alongside world-renowned chefs such as Gordon Ramsay, Raymond Blanc, Michael Caines, Jason Artherton, Peter Gorton and more, chef James ensures an exquisite dining experience, every time. This chef of many talents has also featured in two prime time BBC shows, and in 'Out of the Frying Pan,' a series aired in the UK, Singapore, Australia, US, Russia and Denmark, on BBC Lifestyle Worldwide. He has also been featured in 'Come Together, Eat Together', the BBC Good Food Guide, and conducting live demonstrations at exclusive events such as the BBC Good Food Show, Taste of London and more.

**Don't miss out on Dubai Marina Yacht Club's top new menu picks, as recommended by chef James:**



Baked Salmon served with crushed new potatoes, charred cucumber and seaweed butter sauce.



Duck Breast served with prune mash potato, plums and five spice sauce.



Breaded chicken, with buttered broccoli, rocket and confit cherry tomatoes.



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# NEWS nibbles

What's hot and happening in the culinary world, here and around the globe.

## Gourmet gossip

We're grilling chefs in the region with some of the juiciest culinary questions

**What food trends would you like to see evolving in the future?**



**Chef Connor O'Sullivan**

*Media One Hotel*

"Fusion, fusion, fusion! This is the trend that I most aspire to myself because it has no boundaries. It is innovative, stylish and truly fascinates the palette. I like fast and fresh casual street food influences with the essence of worldly flavours, while also ensuring that the food is health-conscious and incorporates the use of fresh super foods and natural grains."



**Chef Benjamin Wan**

*COYA Dubai*

"I would like to see more restaurants combining their space with artwork and culture from the home of the cuisine they are representing. It makes dining out much more of an authentic event. Along with our Peruvian cuisine, here at Coya, we like to make guests feel as though they are in Latin America without actually being there. Dining out is more than just F&B."



**Chef Mattias Roock**

*Marsa Malaz Kempinski*

"I believe a philosophy, rather than a trend, I would like to see consumers watching and caring more about where they get their food from, rather than just focusing on price. It's vital that people start eating healthy, fresh and nutritional food. Where possible, I believe it's best that people make a conscious effort to shop from their local markets as opposed to relying on imported produce."



## App-solutely brilliant

The Tastemade app is free on both iPhone and Android

The ultimate tool for foodies - or just about anyone - travelling, this innovative app takes your taste buds around the world with drool-inducing videos, enticing pictures and the chance to interact with a community of enthusiastic fellow food-lovers or 'Tastemakers'. Watch short clips and longer narratives of users reviewing and showcasing food from around the world. You'll soon be hungry to try delectable dishes you've seen and visit places you've never been. After a quick glance through the Dubai videos we think the city is certainly lacking in informative videos about its many spectacular eateries, so head to your favourite joint and get sharing.

Compiled by SURENA CHANDE | Photographs SUPPLIED, SHUTTERSTOCK.COM

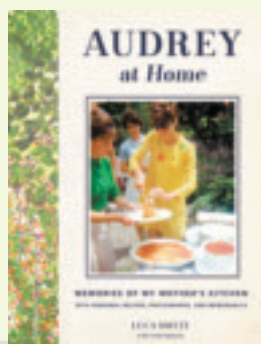


## Go-to-gadgets

From roast chicken to crunchy, perfect chips, the Arshia Turbo Generator Air Fryer allows you to make your favourite meals **without the use of oil**. It works by **circulating superheated air** and functions in a variety of ways so you can use it as a **toaster, barbecue, rotisserie, deep fryer** and more! It's sure to become a **kitchen staple**, so say goodbye to your other cooking appliances. **Arshia Air Fryer, Dhs580, Dari Home, Al Wasl Road, 04-3388387**



One of the *very nicest things about life* is the way we must regularly stop whatever it is we are doing and *devote our attention to eating*.  
– Luciano Pavarotti



### Culinareads *Audrey at Home: Memories of My Mother's Kitchen* by Luca Dotti

An interesting take on a biography of the iconic actress, *Audrey at Home: Memories of My Mother's Kitchen*, is an intimate journey through Audrey Hepburn's life using the food she loved to tie pivotal moments together. Written by her son, the book looks at 50 recipes she loved and resonated with along with including over 250 never-before-seen images of Audrey. Each dish has its own backstory, for example Spaghetti al Pomodoro was a comfort food that she would love returning home to after being away, and Chocolate Cake with Whipped Cream that marked a celebration of Holland's liberation at the end of the war. Dhs150 at Kinokuniya, The Dubai Mall.

## # Trending *Get a slice of this!*

It's hard to find someone who doesn't love pizza, but we're a little unsure about this creation, by Stupididiotic, that has gone viral. If you can't bear to be apart from your trusty cheese-smothered treat or simply couldn't finish your indulgent takeaway, why not keep a slice of pizza with you on-the-go



with the Portable Pizza Pouch! Though it fails on practicality levels – think of the mess, the cheese and toppings sticking to the pouch and hygiene – we have a feeling we wouldn't be complaining come 3pm when the afternoon office munchies hit. It comes attached to a necklace – not quite how we'd imagine accessorising a stylish ensemble, but each to their own – and features a zip-loc seal. Grab a slice of the action at [www.stupididiotic.com](http://www.stupididiotic.com).

## DATES FOR THE DIARY

### November 5-7: Food-filled fun

Taste of Abu Dhabi returns, but this year it's even bigger and better with an array of restaurants and dining outlets showcasing delightful dishes. You'll also find a host of celebrity chefs at the show including Eric Lanlard, Suzanne Husseini and Valentine Warner. [www.tasteofabudhabi.com](http://www.tasteofabudhabi.com).

### November 20-21: It's a Bake Fest!

If you're a fan of baking, you're in for a real treat this month. For the very first time, the city is hosting 'Dubai Bake Festival'. Enjoy food galore, informative baking workshops, live music and cooking competitions at this truly unmissable event. Contact [bakefest@rennocg.com](mailto:bakefest@rennocg.com).



### November 6: Ripe returns

We're super-excited to announce that Ripe Food and Craft Market is returning this month! The community market will be held at Zabeel Park, Gate 2 weekly from 9am-3pm. Enjoy a wonderful day in the lush greenery where over 100 home-grown businesses will sell food, artisanal produce, clothes, jewellery and more. [www.ripeme.com](http://www.ripeme.com).



### December 17-19: A foodie first

With years of success in the UK, The BBC Good Food Show is coming to Dubai for the very first time bringing all of its most popular elements to the region. Celebrity chefs Andy Bates, Paul Hollywood, James Martin and Silvana Rowe will all be in attendance at the Supertheatre, along with a host of remarkable foodie offerings and entertainment. For more information and tickets, visit [www.bbcgoodfoodshowdubai.com](http://www.bbcgoodfoodshowdubai.com).



# Q&A Culinary

Expert food advice for you and your family



**Tomas Reger,**  
*independent chef and founder of  
Tomas Reger Food Consultants,  
addresses your culinary dilemmas.*



**Q. As the weather improves, allowing us to enjoy al fresco dining, what dishes or types of meals would you recommend serving for a garden dinner party?**

I have worked on many garden parties and what always works is a simple roast – leg of lamb, beef, anything you can carve out right outside. Add a variety of salads and some grilled vegetables and your party will be a success. If you are looking for more formal affair, prepare variety of small tapas dishes in disposable containers. Opt for miniature salads, ceviche and mini sliders, and try to keep to only two or three hot dishes to ensure that it is a relaxed party as that is what al fresco dining is about.

**Q. I rarely leave time for making breakfast in the morning, and I'm tired of**

**buying fat-filled coffee shop croissants. What quick and simple morning meals would you recommend?**

Personally, I look for breakfasts that fill me up gradually. I often try to eat either porridge or eggs. Neither take long to prepare, but if you are really short on time, cook a few boiled eggs before you go to bed and eat them in the morning on a slice of protein bread with some mashed avocado – your breakfast will be ready before the kettle is!

**Q. When barbecuing ribs, what marinade would you recommend to give the meal a distinctive and bold flavour?**

If you are looking for a way to cook the ribs quickly, why not opt for a Korean marinade of brown sugar, soya sauce, ginger, scallions

and garlic. If you want to go 'low and slow' in the smoker try a dry rub of paprika, black pepper, mustard powder and garlic powder. If you do not have a smoker barbecue, then bake the ribs in the oven until tender on a low temperature of around 140°C and finish them on the barbecue.

**Q. Is there a trick or technique that you could suggest to keep eggs from disintegrating when you poach them?**

Practice makes perfect! For a simple and easy solution, you can buy plenty of different tools to help you to master your poached eggs. However, the old-fashioned way is to add vinegar to the boiling water and create a vortex – by continuously stirring the water for a few seconds – as both of these techniques usually keep the egg from breaking apart.

## Nutrition Q&A

**I've heard a lot about the Paleo diet lately, what are your thoughts on it and would you recommend strictly adhering to it?**

I like the Paleo diet. It has become increasingly popular as the science and evidence behind its message – to eat clean and real unprocessed food – has become more apparent. Ideally, I recommend selecting optimal paleo foods as your fuel for four out of five meals daily i.e. food that is as close to its natural source as possible. This means no bacon, but plenty of pastured and wild proteins, plus plenty of fruit and vegetable portions daily.

**I struggle to find gluten-free bread in Dubai, do you have any suggestions for where I could easily find it?**

The best provider in Dubai of over 55 choices of gluten-free breads of all shapes, sizes, flavours is the excellent online ordering service [www.glutenfree-supermarket.ae](http://www.glutenfree-supermarket.ae). Though there is a Dh20 delivery charge, they have no minimum order amount. The family-friendly establishment uses a huge range of strictly gluten-free flours. Alternatively, you can make your own using gluten-free flour (such as Doves Farm flours from Spinneys).



**Kate Fisher,**  
*a highly qualified  
and experienced  
nutritionist, is  
here to keep  
you healthy  
and happy.*





# LURPAK® SPICED MOROCCAN CHICKEN WITH LEMON POTATOES

PREP



20 mins

COOK



2hrs

SERVES



## What you need:

- Lurpak® Cooking Mist
- 1 whole chicken, roughly 2kg
- Juice of one lemon
- 1 chilli, deseeded and finely chopped
- 1 tsp. Ras-el-hanout
- 500g potatoes, washed and cut into wedges
- 1 cinnamon stick
- 1 bay leaf
- 1 star anise
- Finely grated rind of one lemon, or one preserved lemon that has been finely chopped
- 300ml chicken stock
- 6 garlic cloves, unpeeled

## What you do:

Pre-heat the oven to 200°C / 220°C Fan Assisted / Gas Mark 7.

Spray the chicken generously with Lurpak® Cooking Mist, squeeze over the lemon juice and season with salt and black pepper. Place the chicken in a large roasting tray, breast-side down, and roast for 20 minutes.

Mix the chopped chilli and Ras-el-hanout in a small bowl.

Remove the chicken from the oven, turn it over and coat with the spice mixture. Add the potatoes in the roasting tin, along with the cinnamon stick, bay leaf, star anise and grated lemon rind or chopped preserved lemon.

Pour in the chicken stock and scatter over the garlic cloves.

Reduce the oven to 160°C / 180°C Fan Assisted / Gas Mark 3 and roast the chicken for 1 ½ hours, or until the juices run clear. Remove the chicken from the pan and cover lightly in foil, drain off the leftover juices into a jug and return the potatoes to the oven for 10 minutes.

Serve immediately.



## LURPAK® COOKING MIST

*For Glazing & Basting*

Lurpak® Cooking Mist is your trusted companion for a crisp, golden finish when glazing and basting. The blend of Lurpak® butter and vegetable oil gives even coverage without the fuss. Try it also for greasing pans and tins, or on cooked vegetables, pasta and rice.





# COOK UP A STORM

Lurpak's innovative Cook's Range will revolutionise your experience in the kitchen. Here, you'll find out more about the top product picks.



The Lurpak Cook's Range comprises five unique products that work to help you to produce delicious dishes in the kitchen. Cook's Range products are made from either butter or a blend of butter with rapeseed oil to create: Lurpak Cooking Mist, Lurpak Cooking Liquid, Lurpak Clarified Butter, Lurpak Butter Blocks and Lurpak Baking Butter. Cook's Range products help cooks to be adventurous in the kitchen. We've taken a look at two super-useful products from the range.

**WHAT: Lurpak Cooking Mist**

**HOW TO USE IT:** This versatile product is a kitchen must-have and can be used for almost everything. Whether you're glazing and basting a chicken for roasting, dressing cooked vegetables with it or even greasing pans and tins, this is the easiest way to control how much oil or grease you are using. A blend of Lurpak butter and vegetable oil make this liquid spray, which helps you to achieve a perfect finish with your cooking while cutting the calories.

**WHY WE LOVE IT:** The multi-functional cooking mist allows you to easily control the amount of oil you use and it's great for helping you cut down on the grease. Just a spritz or two is needed for greasing pans or tins. This product also vastly reduces the time it takes to baste chicken and gives a more even finish. However, one of the best things to use Lurpak's Cooking Mist for is to glaze roast potatoes with – though they will be beautifully light and fluffy inside, you'll enjoy the golden crispy crust on them after coating them with the mist.

**WHAT: Lurpak Clarified Butter**

**HOW TO USE IT:** This smart creation from the Cook's Range is ideal for preparing dishes like steak, stir fries, curry and béarnaise sauces. For steak, rub the meat in the clarified butter before seasoning, then place it in a pan and baste with the liquid again for two minutes before serving.

**WHY WE LOVE IT:** It is important to use oils or greases that have high burning/smoking points when cooking, therefore making the Lurpak Clarified Butter an essential product in the kitchen for preparing meals like steak or a stir fry, allowing you to cook up a storm! Additionally, it provides a rich and intense taste to baked creations and can minimise the amount of additional seasoning needed for dishes. The clarified butter, made from 100% pure concentrated Lurpak butter, plays a key part in cooking by helping to sear and lock in flavours. Along with its long shelf-life, the product offers numerous benefits so get ready to turn up the heat and give Lurpak's Clarified Butter a try.



**LURPAK  
COOK'S RANGE PRODUCTS  
ARE AVAILABLE FROM LEADING  
SUPERMARKETS IN THE REGION.**







# goodfood

## AWARDS

Middle East

2015



Celebrating the best in food from across the region, voting for the 6<sup>th</sup> annual awards is open in the run up to Dubai's most anticipated glittering ceremony on December 16, 2015 – marking the official launch of the first ever BBC Good Food Show Dubai on December 17 – 19!

# VOTE NOW!

FIND ALL OF THE CATEGORIES FOR  
THE BBC GOOD FOOD MIDDLE EAST AWARDS AND MORE INFORMATION AT

[www.bbcgoodfoodme.com/awards/2015](http://www.bbcgoodfoodme.com/awards/2015)

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*\*Winner of the Chef of The Year will be chosen  
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# Crate&Barrel



Aubergine & roast  
pepper salad,  
recipe p51



# Home Cooking

Inspiring recipes for easy  
everyday meals and stylish  
weekend entertaining

## IN THIS SECTION



\* Scrumptious  
and seasonal  
vegetable dishes,  
**P24**



\* Enjoy a delightful  
al fresco meal  
with these simple  
recipes, **P39**



\* Indulge in these  
delectable  
Diwali-inspired  
meals, **P56**



# Stars of the month

Fresh seasonal veg gets a modern makeover with these new recipes


Roasted beetroot with za'atar, chickpeas & harissa yoghurt, recipe p28



Grilled corn with chilli mayonnaise, coriander & feta, recipe p28

◌ The mayonnaise creates an umami sauce that melts into the sweet kernels ◌





Hot & sour aubergine, recipe p28

🍽️ This Chinese favourite, with its velvety-soft aubergines, has all the satisfaction of a slow-cooked meat dish. Chinese black vinegar adds a pleasingly sharp tang to the sauce 🍷



Maple-roasted marrow on cavolo nero salad, recipe p28







## Roasted beetroot with za'atar, chickpeas & harissa yoghurt

**SERVES 2 PREP 10 mins**  
**COOK 30 mins**

**EASY** **V** **CALCIUM** **FOLATE**  
**FIBRE** **IRON** **2 OF 5 A DAY** **GOOD 4 YOU**

- 8 raw baby beetroots, or 4 medium, scrubbed (purple, yellow or a mixture of the two)**
- 1 tbsp za'atar**
- 1 tbsp sumac**
- 1 tbsp ground cumin**
- 400g can chickpeas, drained and rinsed**
- 2 tbsp olive oil**
- 1 tsp each lemon zest and juice**

- 200g Greek yoghurt**
- 1 tbsp harissa paste**
- 1 tsp crushed red chilli flakes**
- mint leaves, roughly chopped, to serve**

**1** Heat oven to 220C/200C fan. Halve the beetroots. Or quarter them if you're using medium ones or bigger. Mix all the spices together. On a very large baking tray or 2 smaller ones, mix the chickpeas and beetroot with the oil. Season well with sea salt and sprinkle the spices over. Mix again. Roast for 30 mins or until crisp at the edges.

**2** While the vegetables are cooking, mix the lemon zest and juice and some salt with the yogurt. Swirl the harissa through and thickly spread onto a platter or shallow bowl. Top with the beetroot and chickpeas, and sprinkle with the chilli flakes and mint.

**PER SERVING** energy 493 kcs • fat 27g • saturates 9g • carbs 36g • sugars 17g • fibre 11g • protein 19g • salt 1.4g



## Maple-roasted marrow on cavolo nero salad

**SERVES 4 PREP 15**  
**mins COOK 30 mins**

**EASY** **V** **LOW CAL** **CALCIUM** **FOLATE** **VIT C** **2 OF 5 A DAY** **GOOD 4 YOU**

- 1 medium marrow**
- 1 tbsp olive oil**
- 1 garlic clove, crushed**
- 1 tbsp maple syrup**
- 3 tbsp hazelnuts, halved**
- 2 slices toasted sourdough bread, blitzed into crumbs**
- 200g cavolo nero, stalks removed, shredded**
- 10 radishes, quartered**
- 16 shavings of vegetarian-style Parmesan**

- FOR THE DRESSING**
- 2 tbsp red wine vinegar**
- 1 tbsp lemon juice**
- 3 tbsp extra virgin olive oil**
- 1 shallot, finely diced**
- 1 tsp Dijon mustard**
- pinch golden caster sugar**

**1** Heat oven to 220C/200C fan. Slice the marrow open lengthways and scoop out the seeds. Cut the marrow into slices and place on a baking tray. Toss with the olive oil, garlic, maple syrup and some seasoning. Roast for 20 mins, then sprinkle the hazelnuts and breadcrumbs over. Roast for another 8 mins, then remove.

**2** While the marrow is roasting, prepare the rest of the salad. Shred the cavolo nero leaves into bite-sized pieces. Put on a large platter or shallow bowl and top with the radishes.

**3** Combine the dressing ingredients in a small bowl, adding some salt. Mix well.

**4** Just before the marrow has finished cooking, drizzle the dressing over the cavolo nero. Use your hands to massage it into the cavolo nero for a few mins so that it softens it, then top with the marrow, breadcrumbs and hazelnuts. Sprinkle the Parmesan shavings over and serve.

**PER SERVING** energy 335 kcs • fat 22g • saturates 4g • carbs 23g • sugars 9g • fibre 3g • protein 10g • salt 0.6g **EU**



## Grilled corn with chilli mayonnaise, coriander & feta

**SERVES 4 PREP 5 mins COOK**  
**15 mins** **EASY** **V** **1 OF 5 A DAY** **GOOD 4 YOU**

**50g mayonnaise**

- 4 corn cobs, husks and silks removed**
- 2 tsp crushed chilli flakes**
- 4 tbsp finely crumbled feta**
- 2 tbsp finely chopped coriander**
- 1 lime, cut into quarters for squeezing**

**1** Cook the corn cobs in a large pan of boiling water for 5 mins. Remove the pan from the heat and leave the corn in the water until ready to grill.

**2** Heat a griddle barbecue using direct heat. Just before serving, remove the cobs from the water, pat dry and brush all over with mayonnaise and chilli flakes. Season to taste, then cook for 5 mins, turning regularly until grill marks appear. Sprinkle the cobs with feta and coriander, then serve immediately with lime wedges to squeeze over when eating.

**PER SERVING** energy 303 kcs • fat 16g • saturates 4g • carbs 28g • sugars 4g • fibre 4g • protein 9g • salt 0.7g



## Hot & sour aubergine

**SERVES 2 PREP 10 mins**  
**plus soaking COOK 10 mins**

**EASY** **V** **LOW FAT** **FIBRE** **VIT C** **3 OF 5 A DAY** **GOOD 4 YOU**

**1 large aubergine,**

- or 2 medium, cut into long batons**
- 100g green beans, trimmed and halved**
- 2 tbsp vegetable oil**
- 1 large onion, cut into thick half-moons**
- 1 red chilli, halved, deseeded and thinly sliced**
- FOR THE SAUCE**
- 2 tbsp each light and dark soy sauce**
- 1 tbsp tomato purée**
- 2 tbsp Chinese black vinegar or balsamic vinegar**
- 1 tbsp golden caster sugar**
- 1 tsp cornflour dissolved in 2 tbsp water**
- cooked rice, to serve**

**1** Put the aubergine in a bowl of lightly salted water and stand for 30 mins to soften. Drain and pat dry. Blanch the green beans in boiling water for 1 min then drain, rinse in cold water and drain again.

**2** To make the sauce, combine all the ingredients in a small bowl and set aside.

**3** Heat the oil in a large frying pan or wok over medium-high heat. When hot, cook the aubergine pieces until nicely browned on all sides - don't turn them too early, let them get a nice colour first. When they start to brown, add the onion and chilli, and keep stir-frying for 4 mins or until soft.

**4** Add the sauce and green beans, cover with a lid, lower the heat and simmer for 2 mins or until the aubergine is soft. Serve with rice.

**PER SERVING** energy 301 kcs • fat 12g • saturates 2g • carbs 34g • sugars 28g • fibre 13g • protein 6g • salt 2.8g





# FOR FRYING & ROASTING

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5:34<sup>PM</sup>

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# Brilliant broad beans

Gloriously green and flavoursome, broad beans are just as versatile as peas says Barney Desmazery Photographs WILL HEAP



Easy one-pan dish

## Broad bean & dill pilaf

This can be served as a side dish or as a vegetarian main.

SERVES 4 PREP 5 mins COOK 25 mins



**300g basmati rice**

**50g butter, plus extra to serve**

**1 onion, finely chopped**

**1 garlic clove, crushed**

**500ml vegetable stock**

**400g podded and skinned**

**broad beans (about 1.6kg unpodded)**

**small pack of dill, chopped**

**1** Rinse the rice until the water runs clear, then soak in warm water for 5 mins and drain well. Heat the butter in a saucepan and add the onion and garlic. Sizzle everything for 8-10 mins until softened, but not coloured. Stir through the rice and pour over the stock. Cover, bring to the boil, then turn down heat to a minimum and cook the rice very slowly for 10 mins.

**2** Lift the lid, and quickly scatter over the podded beans, then replace the lid. Turn up the heat and simmer for 5 mins until all the liquid is absorbed. Add the dill, give the rice a good stir and serve with extra butter melting through.

**PER SERVING** 435 kcal • protein 12g • carbs 67g • fat 12g • sat fat 6g • fibre 9g • sugar 4g • salt 0.6g



Try our  
**cover  
recipe!**

**Simple to make, yet special  
enough for a dinner party**

## Lamb lollipops with smashed minty broad beans

The lamb is meant to be picked up and eaten with your fingers, like a chicken drumstick, making this a great dish to put in the middle of the table so everyone can help themselves.

**SERVES 4** **PREP** 15 mins plus podding and skinning the beans and marinating (optional)

**COOK** 10 mins **EASY** **FIBRE** **1 OF 5 A DAY** **GLUTEN FREE**

**1 garlic clove, crushed**  
**juice ½ lemon, save the other half for the purée**

**1 small red chilli, finely chopped**  
**small splash of olive oil**

**12 lamb cutlets, well trimmed**  
**and meat flattened out slightly**  
**bread, to serve**

### **FOR THE BROAD BEANS MASH**

**300g podded and skinned broad beans**  
**(about 1.2kg unpodded)**

**3 tbsp olive oil**

**juice of the other ½ lemon**

**small pack mint leaves, roughly chopped**


**1** Mix the garlic, lemon, chilli and olive oil together, put the lamb cutlets in a dish and pour over the marinade. Cover and leave to marinate for 1 hr in the fridge, if you have time. Tip the broad beans into a food processor with half the olive oil, plenty of salt and pepper, and the lemon juice. Blitz to a chunky purée, then tip into a saucepan but leave off the heat.

**2** Heat a griddle pan and cook the lamb for 2-3 mins on each side for thinner chops, 3-4 mins on each side for thicker chops. While the chops cook, gently heat the purée. Then stir through the mint and the rest of the olive oil. Check for seasoning. Serve the lamb in a pile with a bowl of the smashed broad beans and plenty of bread to mop up the juices.

**PER SERVING** 355 kcal • protein 31g • carbs 9g • fat 22g • sat fat 7g • fibre 7g • sugar 1g • salt 0.2g



## Pappardelle broad bean carbonara

SERVES 2-3 **PREP** 10 mins plus podding and skinning  
the beans **COOK** 20 mins **EASY**  **P**

**85g pancetta**

**100g podded and skinned broad beans**  
(about 400g unpodded)

**2 egg yolks**

**2 tbsp double cream**


**200g pappardelle pasta**

**50g Parmesan, grated**

**1** Bring a large pan of salted water to  
the boil. While the water boils, heat a frying

pan and sizzle the pancetta for 8 mins until  
crisp, then throw the broad beans into the  
pan with the pancetta fat. In a small bowl,  
beat the egg yolks with the cream and  
season with lots of black pepper.

**2** Cook the pasta following pack instructions.  
Drain the pasta, saving some of the water,  
and toss through the pancetta in the frying  
pan. Tip in the egg and cream mix, and stir  
to coat, adding a splash of the reserved  
water, if needed. Toss half of the grated  
Parmesan through, so the sauce clings  
to the pasta, then scatter with the  
remaining Parmesan.

**PER SERVING** (3) 432 kcal • protein 21g • carbs 39g  
• fat 22g • sat fat 9g • fibre 3g • sugar 2g • salt 11g 





# Make it tonight

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per serving ✓ Family-friendly food for  
the new term Recipes KATY GILHOOLY  
Photographs ROB STREETER

## Butternut squash pilaf

**SERVES 4 PREP 10 mins COOK 30 mins**

**EASY** **V** **LOW CAL** **2 OF 5 A DAY** **GOOD 4 YOU**

**1 tbsp vegetable oil**  
**1 onion, chopped**  
**1 tbsp tagine spice blend**  
**350g pack ready-diced butternut squash**  
**225g basmati rice**  
**2.5cm piece root ginger, peeled and finely grated**  
**1 garlic clove, crushed**  
**100g fruit & nut mix**  
**600ml vegetable stock**  
**1 tbsp ready-made crispy onions**  
**chopped parsley, to serve (optional)**

**1** Place a large pan over a medium heat. Add the oil and onion, and cook gently until softened, around 5 mins. Tip in the spice blend, butternut squash and rice, and fry until everything is sizzling and coated in the spices. Add the ginger and garlic, fry for 30 secs more, then scatter in the fruit & nut mix. Stir in the stock and put the lid on the pan. Keep covered but stir regularly, every 5 mins or so, for 20 mins.

**2** Once the rice is tender and the stock has been absorbed, serve at once on a large platter topped with crispy fried onions and chopped parsley, if you like.

**PER SERVING** energy 417 kcs • fat 13g • saturates 1g • carbs 63g • sugars 13g • fibre 5g • protein 10g • salt 0.4g

**Dhs7 per serving**



## Loaded naans

**SERVES 4 PREP 15 mins COOK 15 mins**

**EASY** **V** **FIBRE** **VIT C** **1 OF 5 A DAY**

**3-4 tbsp curry paste**  
**2 tsp cashew nut butter**  
**4 naan breads**  
**1 red onion, sliced**  
**1 red pepper, sliced**  
**10 cherry tomatoes, halved**  
**226g pack paneer, diced**  
**TO SERVE**  
**small pack coriander, chopped**  
**170g fat-free Greek yoghurt**  
**2 tbsp mango chutney**

**1** Heat oven to 220C/200C fan. In a small bowl, mix together the curry paste and the cashew nut butter, then spread the mixture over the naan breads. Take 2 large baking trays and place 2 of the naans on each. Top the breads with a scattering of sliced red onion and pepper, cherry tomatoes and pieces of paneer.

**2** Bake in the oven for 10 mins or until the paneer is starting to turn golden at the edges. Remove from the oven and scatter coriander over the top of each naan. Stir the yogurt and mango chutney together to make a dip to serve alongside the naans.

**PER SERVING** energy 653 kcs • fat 20g • saturates 5g • carbs 86g • sugars 12g • fibre 7g • protein 28g • salt 2.9g

**Dhs7.50 per serving**

## Smoked haddock & sweetcorn chowder

**SERVES 4 PREP 10 mins COOK 30 mins**

**EASY** **LOW FAT** **1 OF 5 A DAY**

**25g butter**  
**1 onion, chopped**  
**3 celery sticks, chopped**  
**200g baby new potatoes, halved**  
**500ml chicken stock**  
**400ml semi-skimmed milk**  
**300g frozen sweetcorn**  
**(or drained weight from a can)**  
**400g undyed smoked haddock fillets, skinless and boneless**  
**small pack flat-leaf parsley, leaves only, chopped**

**1** Heat the butter in a large saucepan until melted. Add the onion, celery and potatoes, and cook gently for 10 mins until the onion is really soft.

**2** Pour in the chicken stock followed by the milk and stir well. Bring to a simmer and cook for another 15 mins, stirring occasionally. Season to taste. Add the sweetcorn, then place the haddock fillets on top. Let the mixture simmer very gently for 5 mins or until the haddock just starts to break up.

**3** To serve, carefully stir in half of the parsley, ladle the chowder into individual bowls and scatter with the remaining parsley at the table.

**PER SERVING** energy 342 kcs • fat 10g • saturates 5g • carbs 30g • sugars 9g • fibre 5g • protein 31g • salt 2.5g



**Dhs17 per serving**







**Dhs13 per serving**

## Spaghetti & tuna balls

**SERVES 4 PREP 15 mins COOK 20 mins**

**EASY** **LOW FAT** **1 OF 5 A DAY** **GOOD FOR YOU**

- 4 x 150g cans tuna in brine, drained**
- 140g breadcrumbs**
- 2 eggs**
- 2 tbsp mixed seeds**
- 1 small pack tarragon, leaves only, chopped**
- 1 tbsp sunflower oil**
- 300g spaghetti**
- 2 x 400g cans cherry tomatoes**
- 1 garlic clove, crushed**

**1** In a large bowl, mix together the tuna, breadcrumbs, eggs, seeds and half of the chopped tarragon. Season, then scrunch the mixture together with your hands and form into golf ball-sized balls.

**2** Take a large, deep, non-stick frying pan and add 2 tsp oil. Fry 5-6 balls in the oil over a high heat for 5 mins or until they are a deep golden brown all over, adding more oil if the pan gets dry. Transfer to a plate covered in kitchen paper. Repeat with the rest of the balls.

**3** Cook the spaghetti following pack instructions. Meanwhile, tip the cherry tomatoes into the pan you fried the balls in and add the garlic. Bring to a simmer, then season. When the spaghetti has been cooking for a few minutes, spoon a ladleful of pasta water into the cherry tomatoes to make a sauce. Just before serving, put the tuna balls back in the pan with the sauce to warm through for 5 mins.

**4** Drain the pasta and scatter the remaining tarragon over the tuna balls before serving.

**PER SERVING** energy 619 kJ • fat 10g • saturates 2g • carbs 84g • sugars 8g • fibre 5g • protein 45g • salt 1.5g

## Ham & tarragon pot pie

**SERVES 4 PREP 20 mins COOK 30-35 mins**

**EASY** **P** **CALCIUM** **unbaked**

- 50g butter**
- 1 onion, chopped**
- 2 celery sticks, chopped**
- 50g plain flour**
- 600ml milk**
- 90g pack pulled ham hock**
- small pack tarragon, leaves only, chopped**
- 1 egg, beaten**
- 320g pack ready-rolled puff pastry**
- cooked peas, to serve**

**1** Heat oven to 200C/180C fan. In a shallow casserole dish, melt the butter over a medium heat on the hob. Add the onion and celery, and fry gently to soften. Add the flour and stir to coat the vegetables. Slowly add the milk, stirring really well after each addition, making sure there are no lumps of flour before you add the next splash of milk. Once all the milk has been added, bring to a simmer to thicken, then fold in the ham hock and the tarragon. Season to taste, then add about half the beaten egg.

**2** Cut a circle of puff pastry 2cm wider than the top of the pan and pop it on to seal in the filling underneath, folding the edges to create a crust. Cut the off-cuts of pastry into rough strips and use them to decorate the top. Brush the pastry with the remaining egg and bake in the oven for 25 mins or until the pastry is golden and crisp. Serve with peas.

**PER SERVING** energy 579 kJ • fat 34g • saturates 18g • carbs 48g • sugars 10g • fibre 1g • protein 19g • salt 1.7g



**Dhs10 per serving**



## Prawn & rice noodle stir-fry

**SERVES 4 PREP 10 mins COOK 15 mins**

**EASY** **LOW FAT** **LOW CAL** **IRON** **2 OF 5 A DAY**

- 200g rice noodles**
- 1 tbsp vegetable oil**
- 1 leek, sliced**
- 200g fine green beans**
- 300g beansprouts**
- 1 garlic clove, crushed**
- 300g peeled raw king prawns**
- 1-2 tbsp soy sauce**
- TO SERVE**
- 2 tsp toasted sesame seeds**
- pickled ginger**

**1** Pour boiling water over the rice noodles in a large heatproof bowl and leave for 3-5 mins to soften. Meanwhile, in a large wok or frying pan, heat the oil, add the leek and stir-fry over a high heat until starting to soften. Add the green beans and beansprouts, then cook for another 3 mins. Add the garlic and prawns, and cook until the prawns are starting to turn pink. Splash in the soy sauce and heat until everything is cooked through.

**2** Tip the contents of the wok onto a large serving dish, drain the rice noodles, add to the serving dish, then toss everything together. Top with the toasted sesame seeds and pickled ginger to serve.

**PER SERVING** energy 303 kJ • fat 4g • saturates 1g • carbs 45g • sugars 4g • fibre 4g • protein 20g • salt 1.1g >>>

**Dhs23 per serving**





Dhs15 per serving

## Beef & bacon meatloaf

**SERVES** 4-6 **PREP** 5 mins **COOK** 40-45 mins

**EASY** **P** **1 OF 5 A DAY** **SNOW**

- 1 tbsp vegetable oil, plus extra for greasing**
- 1 onion, chopped**
- 200g smoked bacon lardons**
- 1 tsp smoked paprika**
- 50g fresh breadcrumbs**
- 500g beef mince**
- 1 egg**
- 2 garlic cloves, crushed**
- 500g pack passata**
- 2 tbsp onion marmalade**
- small pack basil, leaves only**

**1** Heat oven to 200C/180C fan. Heat the oil in a large saucepan and fry the onion and lardons until the onion is soft and the lardons are cooked through and golden at the edges. Remove from the heat and add the smoked paprika, breadcrumbs, mince, egg and half of the crushed garlic. Season and stir really well. Grease a 450g loaf tin with a little oil, then fill with the meat mixture. Spread 1 tbsp of the onion marmalade evenly over the top and place on a tray in the oven for 35-40 mins.

**2** Meanwhile, pour the passata into a saucepan over a low heat, add the remaining garlic, the rest of the onion marmalade and half of the basil. Season, stir and heat gently until ready to serve.

**3** Once the meatloaf is cooked through, take it out of the oven and let it sit for a few mins before turning out onto a plate to slice. Serve with the tomato sauce and the rest of the basil leaves scattered over.

**PER SERVING** (6) energy 382 kJ • fat 23g • saturates 9g • carbs 15g • sugars 8g • fibre 2g • protein 26g • salt 1.3g

## Philly-style cheese dogs

**SERVES** 4 **PREP** 5 mins **COOK** 25-30 mins

**EASY** **VIT C** **1 OF 5 A DAY** **SNOW**

- 12 beef chipolata sausages**
- 2 green peppers, sliced**
- 1 onion, cut into wedges**
- 3 garlic cloves, unpeeled**
- 230g pack ready-made cheese sauce**
- 4 large hot dog buns**  
(we used submarine rolls)

**1** Heat oven to 220C/200C fan. Put the chipolatas, peppers, onion and garlic in a large roasting tin and roast for 25-30 mins or until the sausages are cooked through and the vegetables are starting to caramelise. Gently shake the tin a few times during cooking to help everything to roast evenly.

**2** When the sausages are almost cooked, warm the cheese sauce following pack instructions and put the rolls in the oven for 4-5 mins to warm through.

**3** Take the sausages and vegetables out of the oven. Lightly crush the garlic cloves with the back of a spoon to release the cooked garlic, discard the skin and give everything a stir. Season and cut a slit in the rolls, then pile in the sausages, veg and garlic. Spoon in the cheese sauce and serve immediately.

**PER SERVING** energy 721 kJ • fat 43g • saturates 14g • carbs 51g • sugars 8g • fibre 5g • protein 30g • salt 2.9g



Dhs12 per serving



Dhs20 per serving

## Cheat's katsu curry

**SERVES** 4 **PREP** 15 mins **COOK** 25 mins

**EASY** **SNOW** sauce only

- 4 breaded chicken steaks**
- 1 tbsp vegetable oil**
- 1 onion, chopped**
- 2 carrots, chopped into chunks**
- 500ml chicken gravy**
- 2 tsp mild curry powder**
- 1 tbsp smooth peanut butter**
- 2 tbsp soy sauce**
- TO SERVE**
- pickled red cabbage**
- cooked rice**
- 100g bag crunchy salad**

**1** Heat oven to 200C/180C fan. Cook the chicken following pack instructions.

**2** Meanwhile, to make the katsu sauce, heat the oil in a medium saucepan and fry the onion and carrots for around 8-10 mins or until soft, but not golden. Transfer the onion and carrot to a blender. Add the gravy, curry powder, peanut butter and soy sauce, then whizz until very smooth. Pour the sauce mixture back into the pan and heat until simmering hot, stirring frequently.

**3** Slice the chicken into strips, divide between 4 plates, then pour the katsu sauce over. Add a spoonful of pickled red cabbage to each portion and serve with cooked rice and salad leaves.

**PER SERVING** energy 499 kJ • fat 31g • saturates 6g • carbs 33g • sugars 9g • fibre 4g • protein 21g • salt 3.4g **TV**



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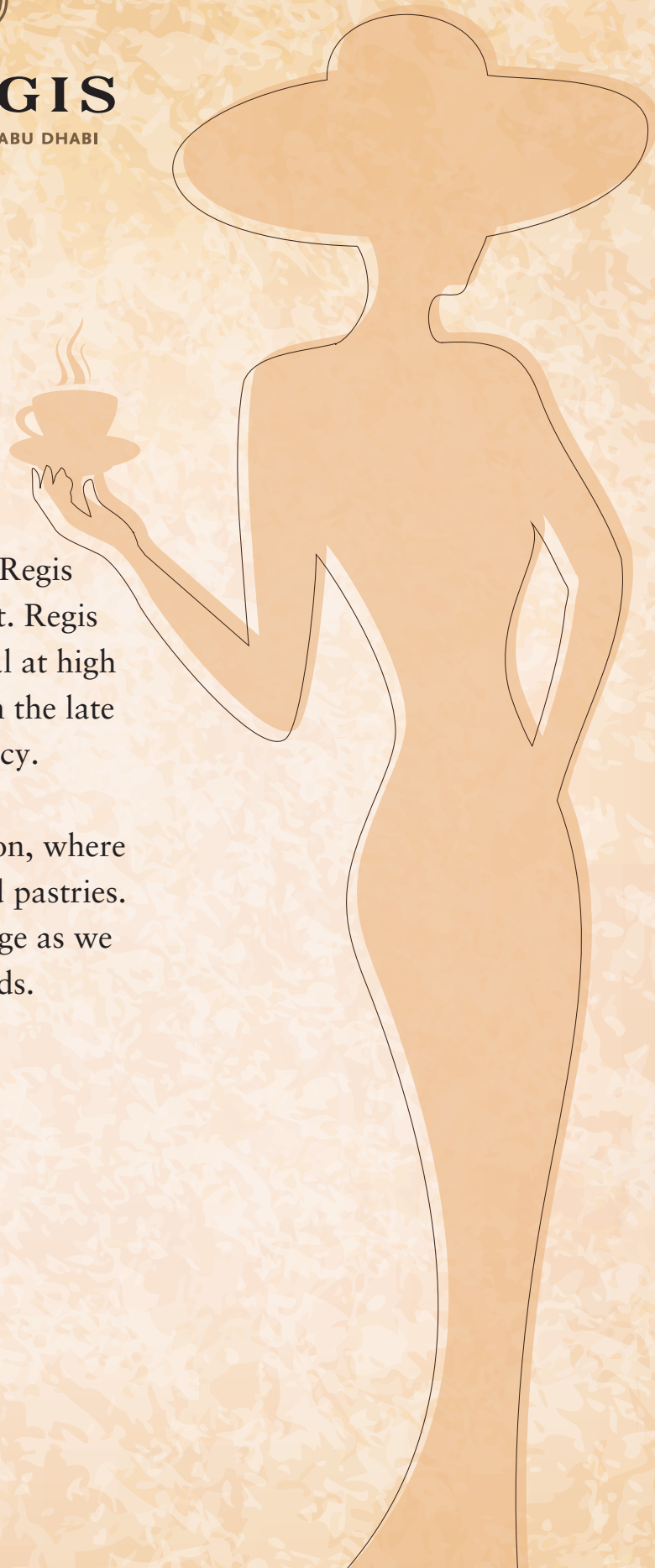
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*From: 28th October*






# Lazy lunch in the sun

With this menu it's time to sit back and enjoy lovely al fresco dining again




Elegant yet simple starter, recipe p42





**Peas & beans with  
crunchy croutons,  
recipe p42**



**Sticky citrus &  
mustard glazed  
salmon, recipe p42**



*You can make the dessert up to two weeks ahead and stash in the freezer and your starter can be rustled up the day before. Then the main is so simple to put together at the last minute*



**Peach & red berry  
ice cream cake,  
recipe p42**





## Sticky citrus & mustard glazed salmon

**SERVES 4** **PREP** 25 mins **COOK** 35 mins  
**EASY** **FOLATE** **VIT C** **OMEGA-3** **1 OF 5 A DAY**

assortment of citrus fruits, thinly sliced (we used 1 grapefruit, 1 orange, 2 lemons and 2 limes), plus 200ml citrus juice (from any of the above fruit)  
4 tbsp clear honey  
1 tbsp wholegrain mustard  
small pack dill, chopped  
800g fillet of salmon, deboned and skinned

**1** Heat oven to 180C/160C fan. Pour the citrus juice, honey and mustard into a saucepan and boil rapidly until reduced to a sticky sauce.  
**2** Arrange the sliced fruit in the bottom of a casserole dish and scatter it with half the dill. Season the salmon fillet and put it on top of the fruit, then brush with the sticky sauce. Bake for 20 mins until the salmon is cooked though. Scatter with more dill before serving.

**PER SERVING** 485 kcs • protein 43g • carbs 28g  
• fat 23g • sat fat 4g • fibre 3g • sugar 26g • salt 0.5g



## Peach & red berry ice cream cake

**CUTS INTO** 12 slices  
**PREP** 45 mins plus 4 hrs freezing  
**COOK** 30 mins **EASY**

### FOR THE CAKE

75g butter, softened, plus extra for greasing  
175g golden caster sugar  
175g self-raising flour  
3 medium eggs  
100g soured cream (from a 300g pot, use the rest in the ice cream layer, below)  
1 tsp vanilla extract

### FOR THE ICE CREAM LAYER

200g raspberries, plus extra to serve  
100g redcurrants, plus extra to serve  
100g icing sugar, plus 2 tbsp  
300ml pot double cream  
250g tub mascarpone  
200g soured cream (leftover from the cake)  
3 peaches, stoned and chopped

**1** Heat oven to 160C/140C fan. Grease and line the base and sides of a 20cm deep cake tin with baking parchment. Put the butter, sugar, flour, eggs, soured cream, vanilla and ¼ tsp salt into a large mixing bowl and blend together using an electric hand whisk. Once

## Peas & beans with crunchy croutons

**SERVES 4** **PREP** 10 mins **COOK** 10 mins **EASY** **V** **FIBRE** **1 OF 5 A DAY**

50g butter  
drizzle of olive oil  
1 bread roll, cut into 2cm cubes  
300g green beans, stalk end trimmed  
300g garden peas  
2 garlic cloves, thinly sliced  
zest ½ lemon

**1** Bring a pan of water to the boil, and heat half the butter with the olive oil in a frying pan. Toss the bread in the frying pan to coat in the butter and oil, then cook for 2-3 mins until the croutons are crisp and golden. Meanwhile, boil the beans for 2 mins. Add the peas and cook for 1 min more, then drain. Tip the croutons onto a plate.  
**2** Add the remaining butter to the pan with the garlic, sizzle for 30 secs until the garlic is golden, then add the veg and lemon zest, and cook for 1 min more. Toss in the croutons just before serving.

**PER SERVING** 210 kcs • protein 8g • carbs 16g  
• fat 13g • sat fat 7g • fibre 7g • sugar 3g • salt 0.4g

smooth, scrape into the cake tin and bake for 50-55 mins until golden and risen, and a skewer inserted in the centre comes out clean. Leave to cool for 10 mins in the tin, then transfer to a wire rack to cool completely.  
**2** Clean the cake tin and line with a double layer of cling film. Tip half the raspberries, half the redcurrants and the 2 tbsp of icing sugar into a bowl, and lightly crush with a fork. Set aside. Pour the double cream, icing sugar, mascarpone and remaining soured cream into another bowl and whisk with an electric hand whisk until softly whipped and just holding its shape. Fold through the soured cream, peaches, and whole and crushed berries.  
**3** Split the cake into 3 even layers. Flip the top layer into the cake tin, so the top now becomes the base. Scrape half the cream and fruit mixture into the tin, spread to the edges and level the top. Flip the middle layer of cake into the tin, top with the remaining cream and fruit mixture, then flip on the final layer of sponge. Give the sponge a gentle press to expel any gaps between the layers, then overwrap and place in the freezer. You can also freeze some extra raspberries and redcurrants to serve alongside. Freeze the cake for at least 4 hrs.  
**4** Remove the cake from the freezer 20 mins before serving. Tip it out of the tin onto a cutting board and slice. Any leftovers can be put back in the freezer and eaten over the next 2 weeks. Serve with extra berries and a berry coulis.

**PER SLICE** 541 kcs • protein 7g • carbs 46g • fat 37g • sat fat 23g • fibre 2g • sugar 32g • salt 0.5g



## Green gazpacho

**SERVES 4** **PREP** 15 mins  
plus 2 hrs chilling  
**NO COOK** **EASY** **V**  
**2 OF 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE**

100g bag baby spinach  
2 garlic cloves  
1 large cucumber, deseeded and chopped  
½ green chilli, deseeded  
½ small pack each parsley, basil and mint  
1 ripe avocado, stoned and peeled  
4 spring onions, topped and tailed  
200g natural yoghurt  
2 tbsp Sherry vinegar  
drizzle of extra virgin olive oil or rapeseed oil  
handful pea shoots  
edible flowers ice cubes, to serve  
(see tip, below)

**1** Put all the ingredients, except the oil, pea shoots and ice cubes, into a food processor with a good pinch of salt and pepper and blitz, adding enough water to get a soupy consistency. Taste, and add a little more vinegar and seasoning if necessary. Chill for up to 24 hrs, or at least 2 hrs.

**2** To serve, divide between shallow soup bowls, float a few ice cubes in each bowl (see tip, below) and add a scattering of pea shoots and a drizzle of oil before serving.

**PER SERVING** 120 kcs • protein 6g • carbs 7g  
• fat 8g • sat fat 2g • fibre 3g • sugar 6g • salt 0.3g

## Edible flower ice cubes

To make this chilled soup extra special, freeze edible petals and flowers, such as **viola**, **rose**, **borage**, **nasturtium** and **pansy**, into ice cubes. These will keep for up to 2 months in the freezer. You can also add them to cocktails.





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# Al fresco dining is back

A light, fresh meal is just the thing when you're planning to serve a meal to family and friends out in the sun







## Tangy roasted peppers

**SERVES 8** **PREP** 15 mins **COOK** 10 mins **EASY**

**5 tbsp olive oil**  
**4 peppers (red, yellow or orange are best)**  
**1 garlic clove, crushed**  
**2 tbsp red wine vinegar**  
**handful capers, rinsed**  
**handful flat-leaf parsley, roughly chopped**

**1** Rub 1 tbsp olive oil all over the peppers, then place on the barbecue or under a grill, turning until blackened all over. Put in a plastic bag, seal and leave until cool enough to handle.

**2** Peel the blackened skin from the peppers, remove the stems, membrane and seeds, then tear into strips. Arrange on a platter or plate. Whisk together the remaining olive oil, garlic and vinegar with some seasoning. Drizzle the dressing over the peppers, then scatter with capers and parsley.

**PER SERVING** 85 kcals, protein 1g • carbs 4g • fat 7g • sat fat 1g • fibre 1g • sugar 4g • salt 0.2g

## Baked feta with chilli & oregano

**SERVES 8** **PREP** 5 mins **COOK** 10 mins **EASY**

**200g pack feta, drained**  
**1 red chilli, deseeded and thinly sliced**  
**1 tsp fresh oregano, or ½ tsp dried**  
**2 tbsp olive oil**

Heat oven to 200C/180C fan. Sit the feta on a sheet of foil. Scatter over the chilli and oregano, then drizzle with oil. Scrunch up the foil to seal to make a parcel. Place on a baking tray and bake for 10 mins until warmed and softened.

**PER SERVING** 87 kcals, protein 4g • carbs none • fat 8g • sat fat 4g • fibre none • sugar none • salt 0.67g

## Minted courgette salad

**SERVES 8** **PREP** 10 mins plus 10 mins marinating  
**NO COOK** **EASY**

**½ red onion, thinly sliced**  
**zest and juice 1 lemon**  
**2 courgettes**  
**large handful mint leaves**  
**2 tbsp olive oil**

Mix the onion and lemon juice together with some seasoning and set aside for 10 mins. When ready to serve, use a vegetable peeler to slice the courgettes into thin ribbons. Put into a bowl with the onion and lemon juice, zest, mint and oil. Carefully toss together and serve.

**PER SERVING** 34 kcals • protein 1g • carbs 1g • fat 3g • sat fat none • fibre none • sugar 1g • salt none





## Mediterranean stew with garlic toasts

**SERVES 8** **PREP** 35 mins **COOK** 50 mins **A LITTLE EFFORT** 


**3 tbsp olive oil**  
**1 large onion, sliced**  
**2 garlic cloves, sliced**  
**1 red chilli, finely chopped**  
**2 tbsp tomato purée**  
**1kg tomatoes, roughly chopped**  
**200ml white wine**  
**350ml fish stock**  
**3 strips orange zest**  
**1kg skinless halibut fillets, cut into large chunks**

**500g clams**  
**400g large raw prawns**  
**handful flat-leaf parsley, chopped**  
**FOR THE GARLIC TOASTS**  
**1 large ciabatta loaf, cut into 1cm slices**  
**5 tbsp olive oil**  
**2 garlic cloves, halved**

**1** To make the garlic toasts, drizzle the bread with oil, then griddle or grill until golden all over. While the toasts are still hot, rub them with garlic and set aside.  
**2** Heat the oil in a wide, deep frying pan. Add the onion and cook over a gentle heat for 5 mins until softened. Stir through the garlic and chilli and cook

for a couple of mins more. Add the tomato purée and tomatoes. Turn up the heat and cook for 10-15 mins, stirring until the tomatoes are pulpy. Pour over the wine and cook for 10 mins more until most of it has boiled away.

**3** Add the fish stock and orange zest and heat until gently simmering. Nestle the halibut chunks into the liquid and cook for 5 mins. Add the clams and prawns and cook for 5 mins more until the fish is cooked through and the clams have opened (discard any that haven't). Sprinkle the parsley over the stew and serve with the garlic toasts.

**PER SERVING** 411 kcs • protein 39g • carbs 28g • fat 16g  
 • sat fat 2g • fibre 3g • sugar 8g • salt 1.17g 





# BRING OUT

As temperatures cool across the Middle East, it's time to get the BBQ fired up again. We've got just the recipes to try

# THE BARBIE



Herbed chicken with garlic & lemon, recipe p51



Mushroom & halloumi kebabs, recipe p51



Aubergine & roast pepper salad, recipe p51



Best-ever burgers, recipe p51





## Bacon-wrapped prawns

**SERVES** 6 as part of the menu **PREP** 20 mins

**COOK** 10 mins **EASY** **P** 

**12 large prawns**

**2 tbsp olive oil**

**juice 1 lemon**

**1 tbsp fresh thyme leaves**

**2 garlic cloves, finely chopped**

**12 rashers smoked streaky bacon or  
cured ham**

**mayonnaise and crusty bread, to serve**

**1** Peel the tail shell from the prawns but leave both the head and the very tip of the tail connected to the prawn meat. In the mixing bowl, stir together the olive oil

and lemon juice with the thyme leaves and the chopped garlic. Lay the prawns in the marinade and give it a good stir.

**2** Lay the streaky bacon out on a flat work surface, allowing enough room for the prawns to be laid out as well. Place each prawn on top of a piece of bacon and wrap the bacon around each prawn, pulling it tight so it is well sealed.

**3** When the coals are glowing, place the prawns on the barbecue and give them a good 3 mins on each side, until the bacon is starting to crisp. If they start to flame, move them to one side. Serve the prawns hot with plenty of mayonnaise and crusty bread.

**PER SERVING** 171 kcalories • protein 12g • carbohydrate 1g • fat 13g • saturated fat 4g • fibre none • sugar none • salt 1.73g

**Get creative with prawns**





## Herbed chicken with garlic & lemon

**SERVES 6** **PREP** 10 mins,  
plus marinating  
**COOK** 20 mins **EASY**

**2 large handfuls mixed, picked herbs, including at least two of the following:**  
rosemary, sage, thyme, parsley, basil, dill  
**2 garlic cloves**  
**4 tbsp olive oil**  
**finely grated zest and juice 1 lemon**  
**12 boneless chicken thighs, skin on**

**1** Tip the herbs, garlic, oil and lemon zest in a food processor, season, then blend to a paste. Pour the mix over the chicken and leave in the fridge to marinate for a good hour while the barbecue heats up.

**2** Lay the chicken over the glowing coals, skin side down, and cook until well coloured, flip, then continue for 10 mins until the chicken is cooked through. Lift the chicken onto a serving dish and pour over the lemon juice while the chicken is still sizzling hot.

**PER SERVING** 435 kcalories • protein 33g • carbohydrate 1g • fat 33g • saturated fat 10g • fibre none • sugar none • salt 0.71g



## Mushroom & halloumi kebabs

**SERVES 6** **PREP** 20 mins  
**COOK** 10 mins  
**EASY**

**24 button mushrooms**  
**2 blocks halloumi cheese**  
**2 tbsp olive oil**  
**handful thyme sprigs, to serve**

**1** Clean the mushrooms and cut away the end of the stalks. Cut the cheese into similar size pieces as the mushrooms. Place the mushrooms in a bowl, pour over the oil and season well.

**2** Thread the mushrooms and the cheese on the skewers, using about 4 of each. To cook, place over the glowing coals or on a preheated griddle, cook for 3 mins and turn over. To serve, lift the skewers onto a plate and scatter with the thyme

**PER SERVING** 285 kcalories • protein 17g • carbohydrate 1g • fat 24g • saturated fat 13g • fibre none • sugar 1g • salt 3.26g



## Aubergine & roast pepper salad

**SERVES 6** **PREP** 20 mins  
**COOK** 20 mins  
**EASY**

**4 red peppers**  
**2 medium aubergines**  
**about 150ml olive oil**  
**2 tbsp thyme leaves**  
**2 garlic cloves, very finely sliced**  
**1 tbsp balsamic vinegar**  
**crusty bread, to serve**

**1** While the barbecue is at its hottest, blacken the peppers on all sides, using tongs to turn them, then remove to a bowl and cover with cling film for 10 mins, allowing steam to loosen the skins. Peel the

peppers, cut in half and put upside down in a sieve over a bowl to catch the juices. Scrape the seeds out of the peppers, cut each half into thick strips, then set aside.

**2** Cut the aubergines into finger-thick slices. Brush with oil and cook over the hot coals until marked, adding more oil as you go along. They should be dark golden-brown on both sides.

**3** Brush the serving dish with oil and lay alternating slices of aubergine and pepper in rows like overlapping playing cards. Repeat to fill the dish with similar layers (usually two). Season each layer with salt and pepper, then scatter over some of the thyme and garlic. Finally, drizzle with a little more oil and the balsamic vinegar and serve with crusty bread.

**PER SERVING** 254 kcalories • protein 2g • carbohydrate 9g • fat 23g • saturated fat 3g • fibre 3g • sugar 8g • salt 0.43g

## BBQ TIPS

● Use oyster sauce to season the mince as salt draws out the moisture and can make meat dry and crumbly.

● Always cook burgers cold from the fridge – this helps to hold them together and keeps the meat moist.

## PREPARE AHEAD

**Burgers** Can be made up to a day ahead and kept covered in the fridge. They can also be frozen for up to one month. Defrost thoroughly before cooking.

**Chicken** Can be prepared the day before and left to marinate in the fridge overnight.



## Best-ever burgers

**SERVES 6** **PREP** 25 mins,  
plus chilling **COOK** 30 mins

**EASY**

**2 red onions, finely chopped**  
**large handful flat-leaf parsley, roughly chopped**  
**2 tbsp tomato ketchup**  
**2 tbsp oyster sauce**  
**1 egg yolk**  
**750g minced beef**  
**burger buns, butter, mayonnaise, ketchup, sliced tomato and iceberg lettuce leaves, to serve**

**1** Tip the onions, parsley, ketchup, oyster sauce and egg yolk into a large bowl with the mince. Use a large spoon or your hands to mix and knead everything together until completely combined. Separate the mix into six and then roll into large balls. Flatten the burgers slightly, place them in the fridge and leave to chill for at least 1 hr.

**2** To cook the burgers, either have the barbecue good and hot with the coals glowing or heat a griddle pan over a medium heat. Lay the burgers over the heat and leave for a few mins until the edges start to colour, then slide a fish slice under the burger and turn over. If on a griddle plate, reduce the heat; if on the barbecue, remove to the sides or to a place where it is slightly cooler and leave to cook for a good 15 mins if you like them well done.

**3** To serve your burgers, follow this order, as the last thing you want is a soggy bun or cooked lettuce. Start with a sesame-seed bun and one that is soft. Toast the buns, then spread with butter, a squirt of both ketchup and mayonnaise, add the meat, two thick slices of tomato, then iceberg lettuce. Now top with a little more mayo and finally the buttered lid. Push down hard and serve.

**PER SERVING** 321 kcalories • protein 26g • carbohydrate 6g • fat 22g • saturated fat 9g • fibre 1g • sugar 5g • salt 1.37g





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# 3 WAYS WITH SLAWS

Spice up your slaw with these simple no-cook ideas

Recipes CHELSIE COLLINS

Photograph SAM STOWELL

Easy creamy coleslaw

## Crunchy red cabbage slaw

SERVES 4 PREP 15 mins NO COOK

EASY V VIT C 3 OF 5 A DAY

**1/2 red cabbage, shredded**

**2 tbsp sesame seeds**

**2 tbsp pumpkin seeds**

**2 tbsp sunflower oil**

**1 tbsp red wine vinegar**

**2 tsp soy sauce**

**1 tsp golden caster sugar**

**1** Put the red cabbage in a large bowl with the seeds and toss to combine.

**2** Make the dressing by mixing all the remaining ingredients together in a small bowl or jug. Pour the dressing over the cabbage and seeds, and serve immediately.

**PER SERVING** energy 157 kJ • fat 11g • saturates 2g • carbs 8g • sugars 5g • fibre 3g • protein 4g • salt 0.5g

## Spicy mango citrus slaw

SERVES 4 PREP 25 mins NO COOK

EASY V LOW FAT FOLATE VIT C 3 OF 5 A DAY GLUTEN FREE

**1/2 mooli (white Asian radish), cut into matchsticks**

**1/2 white cabbage, shredded**

**1 red pepper, cut into matchsticks**

**1 mango, peeled and cut into chunks**

**1 green chilli (deseeded if you don't like it too hot), sliced**

**1/2 small pack coriander, roughly chopped**  
**juice 1 lime**

**1** Combine the mooli, white cabbage, red pepper and mango in a large bowl. Add the sliced chilli and scatter with the chopped coriander.

**2** Pour the lime juice over and toss well so that all the vegetables are coated.

**PER SERVING** energy 114 kJ • fat 1g • saturates none • carbs 21g • sugars 21g • fibre 5g • protein 3g • salt 0.1g

## Easy creamy coleslaw

SERVES 4 PREP 20 mins NO COOK

EASY V LOW FAT VIT C 1 OF 5 A DAY

**1/2 white cabbage, shredded**

**2 carrots, grated**

**4 spring onions, chopped**

**2 tbsp sultanas**

**3 tbsp low-fat mayonnaise**

**1 tbsp wholegrain mustard**

**1** Put the cabbage, carrots, spring onions and sultanas in a large bowl and stir to combine.

**2** Mix the mayonnaise with the mustard in another small bowl and drizzle over the veg. Fold everything together to coat in the creamy sauce, then season to taste.

**PER SERVING** energy 151 kJ • fat 5g • saturates 1g • carbs 20g • sugars 14g • fibre 5g • protein 3g • salt 0.7g

Spicy mango citrus slaw

Crunchy red cabbage slaw





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**BBC Good Food Show Dubai**

# Don't miss out!

With the first ever BBC Good Food Show in Dubai fast approaching on **December 17-19**, here are five top activity picks to ensure a fun-filled, delicious day out!



## The Supertheatre

The Supertheatre, sponsored by Maggi is the highlight of the show, where visitors can watch the best celebrity chefs in the business cooking delicious dishes live. Representing the Show's busiest feature, here you can watch the likes of Paul Hollywood whip up the perfect chocolate and cherry roulade or James Martin's fabulous millefeuille of pistachio and basil cream with raspberries.



## The VIP Lounge & Tea Salon

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## Christmas festive shopping!

Explore the aisles for some retail therapy as you find seasonal goodies, the latest gadgets and kitchen kits. You're bound to find something to treat yourself or your loved one this season from a host of top quality food and drink brands, and with plenty of treats from a range of exhibitors like Lakeland, Linwoods, Gourmet House, Pana Chocolates and Carluccio's.

## The Interview Stage

The open plan Interview Stage sponsored by FoodonClick is where visitors can discover the secrets of industry experts' successes. Live Q&A-style hosted interviews by Lotte Duncan are scheduled with celebrity chefs and experts allow visitors to get their burning questions answered.



## Enter the Cake Competition!

Get baking and create your favourite winter and festive-themed cake. Show off your baking techniques, flair and creativity. Simply fill in the online form with details and images of your entry. You may also draw a sketch or support your entry with images of previous cakes you've made. Shortlisted entries will be displayed at the Show for public voting and judging by culinary superstar chef Andy Bates. Be as inventive as you can, remember this is a visual competition, so get sculpting, decorating, and don't forget to add those special finishing touches. The judges will be looking for creativity, skill, visual appeal and theme so don't hold back. Further information and details can be found on [www.bbcgoodfoodshowdubai.com](http://www.bbcgoodfoodshowdubai.com).









# *Celebrating* Diwali

Indulge in Anjum Anand's authentic regional  
Indian recipes Photographs SAM STOWELL

Kashmiri rogan josh, recipe p60





Bengali mustard fish, recipe p60



## Keralan chicken coconut ishtu

**SERVES 4** **PREP** 20 mins **COOK** 1 hr 20 mins

**A LITTLE EFFORT** ❄️

**5 tbsp coconut oil or vegetable oil**  
**5cm cinnamon stick**  
**6 green cardamom pods**  
**4 cloves**  
**10 black peppercorns, lightly crushed**  
**1 star anise**  
**15 curry leaves**  
**1 medium onion, finely sliced**  
**thumb-sized piece of ginger, peeled and finely chopped**  
**6 garlic cloves, finely chopped**  
**2-3 green chillies**  
**2 tsp fennel seeds**  
**½ tsp ground turmeric**  
**1 tbsp ground coriander**  
**600g chicken thighs, skinned**  
**handful green beans, ends trimmed, halved if very long**

**400ml can coconut milk**  
**2 tbsp coconut cream**  
**1 tsp vinegar (or to taste)**  
**large handful baby spinach, blanched and water squeezed out**  
**small handful fresh coriander, to garnish**

**1** Heat the oil in a wide pan (a karahi or wok is ideal), then add the cinnamon stick, cardamom pods, cloves, peppercorns and star anise. Once the seeds have stopped popping, add the curry leaves and the onion and cook over a medium heat until translucent. Add the ginger, garlic and green chillies, and sauté gently for 1-2 mins or until the garlic is cooked.

**2** Grind the fennel seeds to a fine powder in a spice grinder or with a pestle and mortar, then add to the pan with the turmeric, ground coriander and a pinch of salt. Add

a splash of water and cook for 2 mins. Put the chicken in the pan and cook in the spice paste for 2 mins. Add water to come a third of the way up the chicken, bring to a boil, then reduce the heat and cook, covered, for 1 hr, stirring occasionally.

**3** Once the liquid has reduced, add the green beans and coconut milk (including the thin milk that collects at the bottom of the can), cover and cook for another 10 mins. Uncover and cook off most of the excess liquid, stirring occasionally. Check the chicken is cooked all the way through. Stir in the coconut cream, vinegar and spinach, and bring to a simmer. Taste and adjust the seasoning, and serve topped with the coriander.

**PER SERVING** 538 kcal • fat 39g • saturates 30g • carbs 9g • sugars 4g • fibre 2g • protein 35g • salt 0.4g >>







**Tip**

**SPICE UP  
YOUR RICE**

Cook your basmati rice with a little turmeric, some cloves, cardamom pods and star anise for a fragrant accompaniment to your curry.

## Kashmiri rogan josh

The rogan josh we know internationally is a deep, rich lamb curry, which is closer to a Punjabi style than a traditional Kashmiri rogan josh.

Kashmiri food is more delicate than that of its neighbour, and meat is often cooked in yoghurt or milk, with a few freshly ground spices and a fair amount of ghee to keep out the cold and help the yoghurt remain stable. Kashmiris often cook meat without onions, and garlic and ginger are often added as a dried powder.

**SERVES 4 PREP 20 mins COOK 1 hr 30 mins**

**A LITTLE EFFORT** **CALCIUM** **IRON**

- 2 black cardamom pods**
- 8 green cardamom pods**
- 6 cloves**
- 5cm cinnamon stick**
- 2 dried bay leaves**
- 2 tsp cumin seeds**
- 5-8 mild Kashmiri chillies or red chilli powder, to taste**
- 8 large garlic cloves**
- 25g ginger, peeled and cut into**

- large pieces**
- 5-6 tbsp vegetable oil or ghee, or a mixture of both**
- 800g diced leg of lamb**
- 300g natural full-fat yoghurt**
- 1 tbsp ground coriander**
- 2 tsp ground fennel seeds**
- <sup>3</sup>/<sub>4</sub>-1 tsp garam masala**
- 2-3 tbsp ground almonds**
- handful fresh coriander, chopped**
- naan bread, to serve (optional)**

**1** Using a spice grinder or a pestle and mortar, grind the black and green cardamom pods, cloves, cinnamon stick, bay leaves, cumin seeds and chillies to a fine powder and set aside.

**2** In the small bowl of a food processor, whizz together the garlic and ginger with a good splash of water to a purée. Heat the oil in a large non-stick saucepan, add the lamb and brown well for 8-10 mins over a high heat. Add the purée and turn the heat down to medium, stirring constantly, as the mixture begins to reduce. The purée is ready when you see clear oil in the pan, this will take 3-5 mins.

**3** Give the yoghurt a good stir to break up

any lumps, then add half of it to the pan. Cook over a medium-high heat, stirring constantly and briskly, folding the yoghurt into the lamb, for 8-10 mins until it has been fully absorbed by the meat. Repeat with the next batch of yoghurt, stirring constantly as before. Once it is boiling, turn down to a simmer and stir occasionally until it has reduced by about a third. Add the reserved ground spices, the ground coriander and some seasoning.

**4** Cook for a few mins, stirring continuously, then cover with a lid and leave over a low heat for 1 hr 10 mins, stirring occasionally, until the meat is tender. If the sauce looks dry, add a splash of water.

**5** Grind the fennel seeds to a fine powder in a spice grinder or pestle and mortar, then add to the pan with the ground almonds and some black pepper. Taste and adjust the seasoning, then cook for 1 min. Sprinkle over the coriander and serve with naan bread, if you like.

**PER SERVING** 640 kcals • fat 46g • saturates 14g • carbs 10g • sugars 7g • fibre 1g • protein 46g • salt 0.5g



## Bengali mustard fish

The Bengalis' love of fish and mustard come together in this simple, delicious curry. Use fish steaks, as they do not break up when you fry them, and the bones will add extra flavour. The dish won't taste as good without the green chillies, so try them – you might find it spicy, but it's one of those dishes you can't stop eating.

**SERVES 2 PREP 15 mins COOK 22 mins**

**EASY** **GOOD 4 YOU**

- <sup>3</sup>/<sub>4</sub> tsp ground turmeric**
- 450g halibut steaks, cut into large slices**
- 140g tomatoes**
- 3 fat garlic cloves**
- 4-5 whole green chillies**
- 2 tbsp yellow mustard seeds (see tip, right)**
- 4 tbsp mustard oil or vegetable oil**
- 1<sup>1</sup>/<sub>4</sub> tsp nigella seeds**
- handful coriander leaves**
- cooked rice, to serve (optional)**

**1** In a bowl, marinate the fish in <sup>1</sup>/<sub>4</sub> tsp turmeric and a good pinch of salt, tossing to coat, then set aside. Using a spice grinder or a pestle and mortar, grind the mustard seeds to a fine powder. Put the tomato, garlic, 2 or 3 green chillies, the powdered mustard seeds, <sup>1</sup>/<sub>2</sub> tsp turmeric, a pinch of salt and 150ml water in the small bowl of a food processor and blitz to a smooth paste.

**2** Heat 3 tbsp of the mustard oil in a medium-sized non-stick pan until smoking, then take off the heat and wait for 30 secs. Add the nigella seeds to the pan and allow to sizzle for 10 secs, then add the paste. Cook over a medium heat, stirring occasionally, until all the excess liquid has evaporated and the paste releases its oil. Lower the heat and continue cooking for another 4 mins or so, until it darkens a little. Add 400ml water and the remaining chillies, bring to a boil and simmer for 7-8 mins until it has a medium consistency, not too watery. Check the seasoning and keep on a low heat while you fry the fish.

**3** Heat the remaining oil in a frying pan until

smoking. Add the fish and fry on all sides for around 6 mins until golden brown. Add the fish to the mustard sauce, bring back to the boil and cook for 2 mins. Sprinkle on the coriander leaves and serve with rice, if you like.

**PER SERVING** 492 kcals • fat 30g • saturates 4g • carbs 3g • sugars 2g • fibre 1g • protein 52g • salt 0.4g

**Tip**

Mustard seeds become bitter when overworked, but if you grind them quickly in a spice grinder you should be fine.





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# Chicken tikka masala

One of your Indian favourites with a twist – it tastes authentic but is far lighter and healthier

Food writer ANGELA NILSEN

## **MAKING IT HEALTHIER**

One classic serving of Chicken tikka masala contains 566 kcals, 40g fat (13g of which is sat fat) and 2.11g salt. Mine contains 396 kcals, 10g fat (2g sat fat) and 1.05g salt.

## **HERE'S HOW WE DID IT:**

- Reduced fat by eliminating the cream and butter. We used natural yoghurt instead.
- Cut the amount of salt needed as we boosted flavour by roasting some of the spices and carefully balancing others.

**Super-healthy  
and low in fat**





## Chicken tikka masala

**SERVES 4** **PREP** 35 mins plus at least 30 mins marinating  
**COOK** 30 mins **EASY** **LOW FAT** **SUPER HEALTHY** **5 OF 5 A DAY** sauce only

**FOR THE MARINADE**

4-5cm piece ginger, peeled

4 plump garlic cloves

3 tbsp natural yoghurt

2 tsp lime juice

1 tbsp finely chopped coriander leaves

$\frac{1}{2}$  tsp each hot chilli powder, garam masala and paprika (use  $\frac{1}{4}$  tsp of each if you prefer a milder flavour)

$\frac{1}{4}$  tsp turmeric

1 tsp each cumin and coriander seeds

$\frac{1}{2}$  tsp fenugreek seeds

600g skinless, boneless chicken breasts, cut into 4cm chunks

**FOR THE SAUCE**

2 tbsp rapeseed oil

2 onions, halved lengthways, sliced into rough, thin wedges

$\frac{1}{2}$  tsp each paprika, turmeric and garam masala

$\frac{1}{4}$  tsp hot chilli powder (leave this out if you'd prefer a milder flavour)

2 tbsp tomato purée

2 tbsp natural yoghurt

**FOR THE RICE**

250g basmati rice

200g frozen peas

**TO SERVE**

handful coriander leaves, chopped

lime wedges

**1** For the marinade, finely grate the ginger and garlic (you should have 1 rounded tbsp of each), then mix them together. Put half of this mix into a medium bowl, then stir in the yoghurt, lime juice, chopped coriander, chilli, garam masala, paprika and turmeric. Heat a small heavy-based dry pan, tip in the cumin, coriander and fenugreek seeds, then heat briefly until toasted and smelling fragrant (they will start to jump in the pan). Remove and grind to a powder using a pestle and mortar. Stir half into the yogurt mix (save the rest for the sauce). Stir the chicken chunks into the spiced yoghurt until well coated. Cover and leave to marinate for at least 30 mins, or overnight if you like.

**2** Meanwhile, make the sauce. Heat the oil in a large pan. Add the onions, then fry over a medium heat for about 10 mins, stirring occasionally, until softened and turning brown. Stir in the remaining ginger and garlic, and stir-fry for 2 mins. Mix in the



paprika, turmeric, garam masala, chilli and the rest of the toasted cumin, coriander and fenugreek. Cook for 1 min, stirring to scrape up the bits from the bottom of the pan. Stir in the tomato purée, then 150ml water. Cook for 1 min. Carefully transfer to a food processor or blender. Process to a thick, fairly smooth sauce. Return to the pan, pour in another 150ml water, then set aside. Can be made a day ahead. Soak the rice in cold water for up to 30 mins.

**3** Heat the grill to high. Thread the chicken onto 8 wooden skewers (soaked first), then balance them across a baking tray lined with foil, so they are slightly raised over it. Grill for 12-15 mins until cooked and slightly charred around the edges. Meanwhile,

drain the rice, then tip into a pan with 375ml water. Bring to a boil, then cook over a low heat, covered, for 8 mins. Remove from the heat but leave covered for 5 mins. Cook the peas in boiling water for 3 mins, drain. Fluff up the rice with a fork, then toss in the peas.

**4** When ready to serve, reheat the sauce, stirring in any juices from the chicken and a drop more water to thin if necessary (it should be quite thick). Remove from the heat, stir in the yogurt, then season with a pinch of salt. Serve the chicken skewers with the rice, a scattering of coriander and lime wedges.

**PER SERVING** 396 kcs • protein 45g • carbs 33g • fat 10g  
 • sat fat 2g • fibre 4g • sugar 8g • salt 1.05g



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# Unmissable offers!

We've got a round-up of perfect promotions that you can enjoy at The St. Regis Saadiyat Island Resort, Abu Dhabi.



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**E**scape to The St. Regis Saadiyat Island Resort, Abu Dhabi, a luxurious and serene resort nestled in the capital where you can indulge in an array of offers that the property is treating visitors to this month.

Taking part in this month's promotions are three of the property's dining outlets; Sontaya, Turquoiz and 55th&5th, The Grill.

Sontaya, which means sunset in Thai, offers the best of Southeast Asian cuisine curated by Chef de Cuisine Peter Peerapong in a restaurant that overlooks scenic views of the beach and makes for the perfect setting for a romantic meal or truly special evening.

Reflecting its picturesque oceanic surroundings, Turquoiz is a vibrant venue that boasts a large sunset terrace and serves up a selection of seafood, snacks and light meals, that are perfectly paired with its range of signature cocktails.

Named after the address of the original St. Regis in New York, 55th, The Grill is the resort's signature venue that presents diners with appetising American-inspired dishes in a chic eatery that provides live entertainment.



## Truffle delicacies

**The offer:** Chef Kreaton's four-course menu offers a triumph of flavours with this season's aromatic white truffle, a degustation of tender meat and a refined selection of wine pairing. The tasting menu is available daily at 55&5th The Grill.

**Details:** Daily from 7pm-11pm, price as per market price, [restaurant.saadiyat@stregis.com](mailto:restaurant.saadiyat@stregis.com), 02-4988443/8762.



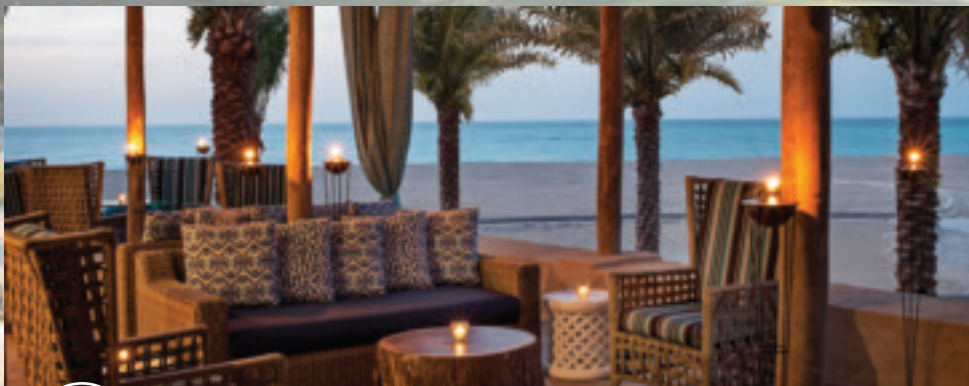


**The offer:**

### The St. Regis Saadiyat brunch

Celebrate Friday in a super-stylish atmosphere created by Naz Holland & Band. At this marvellous brunch, you can take your pick from several of the hotel's delectable dining outlets including 55&5th The Grill, Sontaya and Turquoiz while sipping on exclusive beverages and treating your tastebuds to the tantalising culinary offerings. Be sure to take part in the raffle where you can win great prizes throughout the brunch.

**Details:** Every Friday from 1pm-4pm, Diamond package Dhs495 (inclusive of food and bubbly), Pearl package Dhs395 (inclusive of house beverages), Silk package Dhs300 (inclusive of non-alcoholic beverages) and Children's package Dhs150 per child (for children from 6-12 years old – kids under 5 eat for free). Booking is essential, [restaurant.saadiyat@stregis.com](mailto:restaurant.saadiyat@stregis.com) or call 02-4988443/8762.



**The offer:**

### #Reserveyourview – Turquoiz Seafood Terrace & Beach Lounge

This exciting hashtag promotion allows you to join in, explore and share your snaps and experiences at Turquoiz with its captivating views and superb offerings. Every evening, guests can tune into the vibrant backdrop created by DJ Chad and saxophone-player, Julia. Discover 'Ladies night with a twist' where ladies are treated to three complimentary drinks every Wednesday. For a fabulous meal, visit Turquoiz on Saturdays where the outlet offers a mouth-watering 'BBQ lunch'. Alternatively, head to the Après Brunch every Friday, but the fun doesn't stop there so stick around post-brunch for the after-party.

**Details:** Ladies night with a twist, every Wednesday from 6pm-9pm, BBQ lunch, every Saturday from 12pm-4pm, Après brunch, every Friday. To book, email [restaurant.saadiyat@stregis.com](mailto:restaurant.saadiyat@stregis.com) or call 02-4988443/8762.

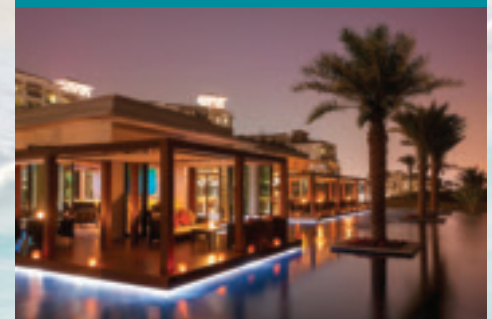
**The offer:**

### Loy Kra Thong festival

Delight in exotic flavours

by Chef Peerapong during a five-course dinner paired with one delicious welcome signature cocktail while enjoying magical performances by traditional dancers at Sontaya, which will be beautifully decorated for the celebrations.

**Details:** 18-28 November from 6.30pm-10.30pm, from Dhs300++ per person, [restaurant.saadiyat@stregis.com](mailto:restaurant.saadiyat@stregis.com), 02-4988443/8762.





# Make the perfect TURKEY

It's turkey – but with a twist. Give your thanksgiving table a new spin this year Photographs DAVID MUNN



## Saffron roast turkey

**SERVES** 8-10 **PREP** 15 mins **COOK** approx 3½ hrs for a 4.5kg bird **A LITTLE EFFORT**  **P**

### FOR THE TURKEY AND STUFFING

- 1 lemon
- good pinch saffron strands
- 3 large onions, 2 thinly sliced; 1 quartered
- 3 tbsp olive oil, plus extra for greasing
- 2 tbsp coriander seeds, lightly crushed
- 2 tsp cumin seeds, lightly crushed
- 140g dried cranberries
- 100g pistachio nuts, roughly chopped
- 100g couscous soaked in 300ml cold water
- 2 x 20g packs flat-leaf parsley, chopped, plus generous sprigs to garnish
- 2 eggs, beaten
- 4.5-6kg turkey, giblets removed
- 50g butter, melted
- 1 tbsp clear honey
- bay leaves, to garnish

### FOR THE HARISSA SAUSAGES AND GRAVY

- 900g good-quality pork sausages
- 2 tbsp harissa paste (Belazu is good)
- 1 tbsp olive oil
- 2 red onions, cut into wedges
- 600ml chicken or turkey stock
- redcurrant jelly, to taste (optional)

**1** Peel the zest from the lemon, then cut into strips, finely chop and set aside. Now cut the lemon in two, squeeze its juice into a bowl with the saffron and mix together. Fry the sliced onions in the oil until soft and starting to colour, then add the coriander, cumin and lemon zest and cook for 1 min more. Remove from the heat, stir in the cranberries, nuts, couscous and chopped parsley, then season well. When cool, beat in the eggs.

**2** Wash and dry the turkey, removing any

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TO HELP  
SPECIAL**

## On the day

From prep to cooking and carving, everything you need to know about turkey on the day

Cooking poultry is not difficult, but remember that a recipe can never be 100% accurate for several reasons:

- Ovens vary in size and heat source
- Turkeys are chilled to different degrees when they go into the oven
- The number of times you open the oven door will affect the constant temperature.

This year we've chosen to roast our turkey covered in a tent of foil to keep it as moist as possible, removing the foil at the end to brown and crisp the skin. However well cooked the turkey looks, it is only by testing the juices – skewering the thigh – that you will definitively know that it is cooked. If you've tied the legs together for a neater shape, then untie them and test the inside of the thigh, in case the heat hasn't quite made it all the way through.

Turkeys don't have much fat on their breast, so this is the meat that will dry out fastest and the larger the bird the more likely this will happen. Baste it once or twice during cooking to keep it succulent, or brine your bird to help it along. Don't forget If you have a frozen turkey, allow 8-12 hours per kg to defrost in a fridge, or 3-4 hours per kg in a cold room.

### What size turkey do you need?

Calculate the following servings per size:

4.5-5.5kg	serves 8-10
5.5-7kg	serves 10-12
7-9kg	serves 12-15

If you have a small oven or plan to buy an enormous turkey, it may also be worth checking the dimensions of your bird. Generally a turkey up to 6.5kg will be no more than 37cm long and 20cm high, then for each kg more add another 1cm to each dimension up to 10kg.

## Prep & cook

### Cooking bronze and black turkeys

Bronze/black turkey producers recommend cooking your bird more quickly than a white one. These birds have less fat and they won't improve with slow cooking.

Roast birds breast-side down for the bulk of the cooking time, as this allows the fat on the back of the bird to baste the rest of it. Turn the turkey over to brown the breast meat for final last 30-40 minutes of roasting.

### Turkey timings

Timings for a white turkey with well-cooked white and brown meat in an oven heated to 180C/160C fan:

- 4.5kg and 6.5kg, allow 40 mins per kg
  - over 6.5kg, allow 35 mins per kg
- For bronze and black turkeys, cook at 180C/160C fan:

- 30 mins per kg for a bird under 4kg, then 45 mins for each kg over that weight

### Brining

This is very popular in America and helps keeps the white meat moist. Put **200g salt, 2 bay leaves, 1 tbsp coriander seeds** and **7 tbsp brown sugar** in **200ml water**. Heat until the salt and sugar have dissolved, then mix with 4 litres cold water. Put the turkey into a clean bucket in which it fits snugly, pour over the liquid and leave overnight. Drain and pat dry before roasting.



feathers with tweezers. Pull out the giblets and neck and discard, or use to make stock for the gravy. Lift up the skin that covers the neck opening, then push some stuffing into the cavity, packing it in well. Secure tightly underneath with a skewer or two cocktail sticks. Shape the rest of the stuffing firmly into balls and chill until ready to bake. Put the onion quarters in the turkey cavity with any leftover stalks from the parsley. *Can chill at this stage up to 1 day ahead.*


**3** Heat oven to 190C/fan 170C. Weigh the stuffed turkey and calculate the cooking time, allowing 40 mins per kg (20 mins per lb). Put the turkey in a roasting tin. Mix the butter with the saffron mixture and brush generously onto the turkey. Pour 500ml water into the tin, then roast for 1 hr. Brush with the buttery mixture again, then loosely cover with foil and roast until 15 mins before the time is up. Mix the honey into the remaining buttery mix, brush over the turkey and cook uncovered for 15 mins more until golden.

**4** Pierce the turkey thigh through its thickest part - the juices should run clear. If not, return to the oven for another 20 mins and test again. Leave to rest on a platter, covered with a clean tea towel. Reserve the juices in the roasting tin to make the gravy.

**5** Meanwhile, twist the sausages in half and snip to separate. Toss with the harissa, oil and onions in another roasting tin, then roast for 1 hr until golden. After 40 mins roasting, add the stuffing balls to the tin.

**6** To make the gravy, drain the juices from the tin into a jug and skim off the excess oil. Put the roasting tin over heat, pour in the stock and loosen the savoury bits on the base with a wooden spoon. Add any juices from the resting bird to the mixture along with the onions from the sausages, then simmer for about 10 mins. Blitz with a hand blender until smooth and thick. Taste and season, or add a little redcurrant jelly to sweeten, if you like.

**7** To serve, put the turkey on a platter and surround with the sausages and stuffing balls. Garnish with parsley sprigs and bay.

**PER SERVING** (10) 932 kcalories • protein 79g • carbohydrate 35g • fat 54g • saturated fat 17g • fibre 3g • sugar 19g • salt 2.6g 





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Entertain for less

# Smart Thanksgiving menu

Easy but impressive, Lucy Netherton's menu is a great option for Thanksgiving on November 26. The stunning turkey main course is a fraction of the price of a whole bird, and a clever twist on a dinner party favourite Photographs WILL HEAP

Turkey, Brie & cranberry  
Wellington, recipe p73



Really easy  
roasties, recipe p73

Buttery sage & onion sprouts, recipe p73

Creamy cauliflower & broccoli bake, recipe p73



### Turkey tip

If you can't get two whole breasts (or a crown that you can split), buy 800g-1kg turkey breast steaks and sandwich together into a log with the Brie and cranberry sauce.



## Turkey, Brie & cranberry Wellington

**SERVES 8 PREP 45 mins**

**COOK 1 hr 20 mins**

**A LITTLE EFFORT** **P**

**2 x 500g blocks all-butter puff pastry plain flour, for dusting**

**1 egg, beaten**

**FOR THE STUFFING LAYER**

**2 tbsp butter**

**1 leek, finely sliced**

**100g gammon, chopped**

**4 sausages, skins removed**

**5 sage leaves, chopped**

**85g fresh breadcrumbs**

**FOR THE FILLING**

**2 turkey breasts**

**200g Brie, sliced**

**4-5 tbsp cranberry sauce**

**1** For the filling, trim your turkey breasts: you want to create a long tube of meat in the middle of your Wellington, similar in shape to a fillet of beef - you can use the trimmings in the stuffing, so don't worry about wastage. Once you have the correct shape, slice a pocket into the breasts deep enough so that the Brie and cranberry sauce will stay inside, but don't cut all the way through. Divide the cranberry sauce and Brie between the 2 turkey breasts, then chill while you make the stuffing.

**2** For the stuffing, heat the butter in a frying pan and gently cook the leek for about 5 mins. Meanwhile, finely chop the turkey trimmings and add to the pan with the gammon. Cook for about 5 mins, then remove and allow to cool slightly. Mix with the sausagemeat, sage and breadcrumbs, then season.

**3** Roll out the first block of pastry on a floured surface to about 1cm thickness: you want a long thin shape that is about 5cm wider than turkey breast width and 5cm longer than length of turkey breasts placed end to end. Gently lift this onto a baking sheet and put the turkey breasts on top, followed by the stuffing. Roll out the second block of pastry, brush the edge of the bottom sheet with egg and lay the top one over. Trim edges to neaten, then crimp together. Can be made up to 1 day in advance and chilled.

**4** Heat oven to 200C/180C fan. Brush the Wellington with more beaten egg and, with a sharp knife, score a criss-cross pattern, but don't cut all the way through. Cook for 30 mins, then cover with foil and cook for 30-45 mins more. After 1 hr, check that the middle is hot by inserting a skewer for 5 secs - it should feel hot to the touch. Leave to rest for 15 mins, then slice to serve.

**PER SERVING** 783 kcals • protein 28g • carbs 58g • fat 49g • sat fat 24g • fibre 1g • sugar 6g • salt 2.5g



## Creamy cauliflower & broccoli bake

**SERVES 8 PREP 5 mins**

**COOK 40 mins** **EASY** **V**

**FOLATE** **VIT C** **10F 5 A DAY**

**1 large head of cauliflower, broken into florets**

**1 vegetable stock cube**

**1 large head of broccoli, broken into florets**

**200g tub crème fraîche**

**1 tbsp wholegrain mustard**

**splash of white wine**

**(if you have some open)**

**generous grating of nutmeg**

**2 slices stale bread, whizzed into crumbs**

**1** Cover the cauliflower in cold water, add the stock cube, then bring up to the boil. Add the broccoli and cook for 1 min, then drain (reserving some of the stock) and allow to steam-dry for 1-2 mins. (The veg shouldn't be tender.)

**2** Heat oven to 200C/180C fan (if it's not already on for the Wellington). Mix together the crème fraîche, mustard, wine (if using), nutmeg and some seasoning. Add the veg and mix well. *Tip into an ovenproof dish, scatter with the breadcrumbs and bake for 30 mins until golden and crisp on the top.*

**PER SERVING** 173 kcals • protein 8g • carbs 8g • fat 12g • sat fat 7g • fibre 5g • sugar 4g • salt 0.6g



## Really easy roasties

**SERVES 8 PREP 5 mins**

**COOK 1 hr 55 mins**

**EASY** **V** **GOOD 4 YOU**

**8 tbsp sunflower oil**  
**2kg potatoes, such as King Edward or Maris Piper**  
**1 garlic bulb, halved (optional)**

**1** Heat oven to 200C/180C fan. Heat the oil in a large roasting tin in the oven. Cut any larger potatoes in half. Cover the potatoes in cold salted water, bring up to the boil and cook for 2 mins. Drain and steam-dry in a colander for 5 mins, then shake to ruffle up the outsides.

**2** Remove the roasting tin - be really careful as the oil will be hot. Tip in the potatoes and garlic (if using), and use a spoon to turn them so they are all coated in the oil. Sprinkle with sea salt and pepper, and roast for 1 hr 45 mins, turning every 30 mins or so, until really crisp and golden.

**PER SERVING** 290 kcals • protein 5g • carbs 41g • fat 12g • sat fat 1g • fibre 3g • sugar 2g • salt 0.1g

## Buttery sage & onion sprouts



**SERVES 8 PREP 5 mins**

**COOK 20 mins**

**EASY** **V** **VIT C** **10F 5 A DAY**

**85g butter**

**3 onions, cut into thickish slices**

**8 sage leaves, chopped**  
**350g Brussels sprouts**  
**200g frozen peas**


**1** Heat half the butter in a large frying pan and soften the onions over a low heat for about 15 mins until really soft - but don't let it brown. Add most of the sage. Meanwhile, cook the sprouts in a pan of boiling water for about 4 mins, add the peas and cook for 1 min more until just tender.

**2** Drain, reserving a splash of the water, then add the sprouts and peas to the onions, along with the rest of the butter, stirring well so that all the veg gets coated in the butter. Add the reserved cooking water if it looks a bit dry. **3** Season with lots of black pepper and some salt. Serve with the reserved sage on top.

**PER SERVING** 133 kcals • protein 4g • carbs 8g • fat 10g • sat fat 6g • fibre 5g • sugar 5g • salt 0.2g >>>



## Plum & marzipan pie

**MAKES 1 LARGE PIE**, about 25cm/10in (serves 6-8),  
2 medium pies, about 18cm/7in each (serves 3-4) or  
4 individual pies, about 10cm/4in each **PREP** 30 mins  
plus chilling and cooling **COOK** 30-50 mins, depending  
on the size of your pie **A LITTLE EFFORT** **10 OF 5** **ADAP** 


**1kg plums, halved, stoned, halved again**  
**100g golden caster sugar, plus extra**  
**2 tsp cornflour**  
**1 x batch store-bought pastry**  
**1 tbsp ground almonds or fine polenta**  
**1 tsp almond extract**  
**200g marzipan, chopped into 1.5cm cubes**  
**egg white, for brushing**  
**cream or ice cream, to serve**

**1** Tip the plums, sugar and cornflour into a large pan, then toss to coat. Simmer for 3-5 mins, stirring now and then, until the plums have just begun to soften. Tip them into a sieve suspended over a large bowl, leave for 30 mins-1 hr, stirring every 10 mins, until the juice has all collected in the bowl.

**2** Remove store-bought dough from the fridge and divide into 2 pieces, one slightly larger than the other. Re-wrap the smaller piece of dough and set aside. Divide the larger piece of dough into the number of pies you'd like to make, or leave whole for a large one. On a lightly floured surface, roll out the dough to the thickness of 1cm, or until large enough to line the base of your pie plate or tin, with a little pastry overhanging. Roll the dough over your rolling pin, lift into the plate or tin and press it well into the corners. Scatter the almonds or polenta over the base.

**3** Stir 2 tbsp of the strained plum juice and the almond extract into the plums. Spoon the filling into the pie dish, dotting the marzipan between the layers of plums as you go. Heat oven to 190C/170C fan and place a baking sheet on the middle shelf.

**4** Cover the top on the pie in a criss cross pattern with long slices of pastry, whisk the reserved egg white and brush over the pastry. Scatter with a little extra sugar, then place on the baking sheet and bake for 45 mins for a large pie, 35-40 mins for medium pies or 25-30 mins for mini pies, until golden and bubbling. Cool for 10 mins before serving with cream or ice cream.

**PER SERVING** (8) energy 618 kJ • fat 28g •  
saturates 15g • carbs 80g • sugars 47g • fibre 4g  
• protein 8g • salt 0.2g 

*Traditional plum pie  
gets a makeover  
with hints of sweet,  
nutty marzipan*





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# Pantry planner

Tips, tricks and product picks!

## Reader tip of the month:

The best way to clean up eggs that you've dropped is by pouring salt over all of the liquid, which makes super-easy to wipe up without spreading it even more!

- Alisha Lewis

## Ravishingly raw

Taking food back to its roots, The Raw Place strives to provide organic food and beverages in the rawest possible form. Offering three detoxes, which vary from a starter pack - for detox newbies - to packages for keen green juicers, the company ensures that it cold-presses its juices to preserve nutrients from the fruits that are often lost with other methods. Food from the brand is 100% natural and made in-house so you won't have to worry about hidden additives. Though The Raw Place is based in Abu Dhabi, items from its extensive menu can be delivered to Dubai.

Visit [www.therawplace.com](http://www.therawplace.com) for more information and to make an order.



## Get organised



**Pavitra Pujary,**

founder of interior design firm Pure Coalesce, offers practical home décor advice.

**Q. I'm having guests over for thanksgiving, which is quite an elaborate meal, how would you suggest I dress the table? I want it to be quite special and festive.**

**A.** I recommend that you have a sideboard to set your food upon and a bar trolley for drinks as the decorations will occupy the majority of table space. Orange and red against brown are the traditional colours, but try adding a bit of contrast by using cobalt blue or purple. Pick some flowers and plants, make a natural table runner and interlace this with cranberries and pumpkins. Spray-paint pinecones and acorns with matte gold paint. Lastly, use place cards for guests with a personal thank you note. Adding personal touches will warm everyone's hearts as well as the atmosphere.

## PRODUCT PICKS

A delicious and healthy drink that is free from dairy, nuts, gluten and soy, Rebel Kitchen introduces its range of 'Mylk' beverages.

The scrumptious Mylk come in an assortment of fabulous flavours including chocolate, chai, and Matcha green tea. Available from Spinneys, Ripe Market, the Melt food truck located by Ocean View Hotel JBR.



Super-tasty raw vegan treats Brad's Broccoli Poppers are packed with nutrients, enzymes, Vitamin A and C, along with iron and calcium. The snacks come topped with a range of seeds, herbs and spices such as 'Garlic-ity Split' and 'Pop 'n Hot'. Dhs20, [www.earthfoods.ae](http://www.earthfoods.ae).

This ultra-healthy drink is making waves. Made from green tea leaves, Japanese Matcha Tea is full of antioxidants, vitamins and minerals. With less than three calories per serving, Avantcha's Japanese Matcha Tea is worth a try. Organic Matcha teas from Dhs86 at [www.avantcha.com](http://www.avantcha.com).



## SMART SWAPS:



**312 calories**  
100g French fries



**90 calories**  
Baked sweet potato



**124 calories**  
300ml cola



**30 calories**  
300ml soda water with a wedge of lime



**406 calories**  
1 plain croissant



**145 calories**  
1 bowl of homemade porridge with skimmed milk



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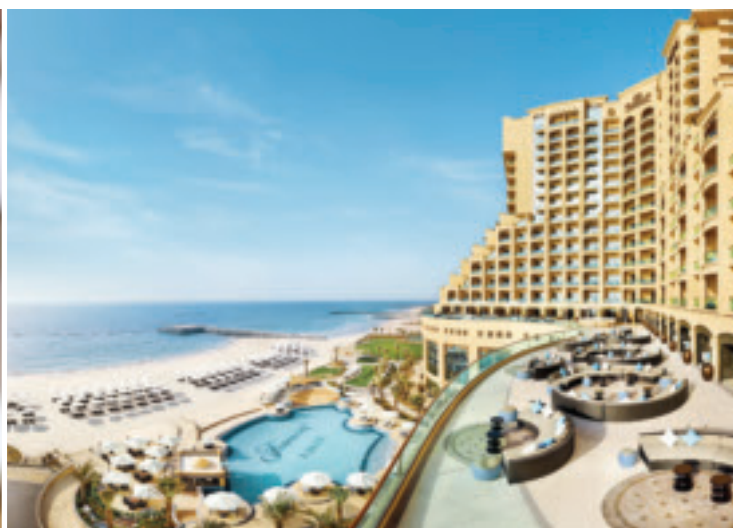


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# Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



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## IN THIS SECTION

- \* Learn the Italian way with chef Alfredo who prides himself on authenticity, **P80**
- \* Take a look inside Kempinski Marsa Malaz and Fairmont Ajman, **P82**
- \* Control and prevent diabetes with our 10 top advice points, **P86**
- \* Discover Korean cuisine, **P88**





# ICONIC ITALIAN

With a renowned knack for seamlessly fusing tradition and innovation, seasoned chef Alfredo Russo of Vivaldi by Alfredo Russo, Sheraton Dubai Creek Hotel & Towers, reveals the key to modernising Italian cuisine while maintaining authenticity. By Sophie McCarrick.



*I like it when diners are surprised to see something new in a dish, yet can still identify it and relate to tradition.*

In town for the launch of a new mozzarella menu at Vivaldi by Alfredo Russo, which aims to take diners on a journey across Italy's various regions, Michelin-star awarded chef Russo is best known for his modern Italian fine dining restaurant, Dolce Stil Novo alla Reggia in his native city, Turin. "I found my passion in the kitchen at 13," he admits. And, ever since has strived to continually innovate while maintaining his respect for Italian culinary traditions. Here's how he does it:

**You're known for marrying Italian traditions with innovation, what's the key to maintaining a balance between the two?**

It's important to modernise the classic palate but it's also vital to retain the link with traditional ingredients so that people recognise the dish. I like it when diners are surprised to see something new in a dish, yet can still identify it and relate to tradition. It's important to retain simplicity with innovation too, because when a dish becomes overly complicated, diners will not understand it.

**What's your latest 'innovative dish'?**

Oyster ice cream. It's quite simple, but it's innovative because it's unique and has a delicious taste – when you eat it there's an explosion in your mouth. When you bite into it, you get the flavour of the sea and this surprises people because of the powerful taste. It's also healthy, and is not only modern because it is new, but because of the mixed concept it offers – it's healthy, delicious and recognisable.

**What's your take on the Middle East's Italian culinary scene – do you believe it's authentically represented?**

Yes, the Middle East is a destination for many well-known chefs to open restaurants, especially in Dubai. I think for the most part Italian dishes are authentically represented here, and the key to



being authentic and retaining Italian traditions and flavour is ensuring that you are using authentic Italian products and ingredients.

**For all of our home cooks out there, what's the secret behind creating the perfect pasta dish?**

The secret is to use the best quality of pasta. It's very simple. Cook the pasta al dente, but make sure you don't overcook it so that it's not too crunchy. You need to find the perfect moment to stop cooking. Then add a few drops of olive oil, some parmesan cheese on top and you're done.

**You've just introduced a new Mozzarella menu at Vivaldi. What's the inspiration and concept behind it?**

Mozzarella is very commonly used in many dishes but it's not very well known that in different regions and villages there are many different kinds of mozzarella. The idea is to show our guests' mozzarella in a different light, while preparing it in different methods and dishes.

**What's the next step for you? Can the Middle East expect to see any further developments from you at Vivaldi by Alfredo Russo?**

My main restaurant is in Italy, but the company is looking to expand. We have two restaurants in Mexico; the second one just started and we're planning to open a third one early 2016. In addition, I'm a consultant for many restaurants in Asia including China, Korea, Thailand and Japan. We only have one project in Dubai, which is Vivaldi but as it just opened about a year or so ago,

the goal is to consolidate the consistency and eventually develop it in the near future.

**In terms of current trends across your global restaurants, what are the hottest menu picks at the moment, any new flavours of the month to be on the lookout for?**

People like to feel at home. I believe there's been a strong trend where the focus is more on the presentation of the dishes and the restaurant rather than the food; however, this is shifting so that the food is now more of the focus. In addition, vegetarian options are starting to pick up.

**What advice would you give to upcoming chefs, aspiring to be successful in the culinary industry?**

Reality is very different compared to a TV show such as MasterChef; so make sure that you're passionate about what you want to do before you decide that you want to be a chef. 🍳

**Quick Q's with Chef Alfredo**

**Something we don't know about you?**

I'm a Juventus football fan.

**5 ingredients you can't live without?** Parmesan, cheese, olive oil, pasta, tomatoes and bread.

**Your personal top 5 global food destinations?**

Argentina, Korea/Japan, Italy, Mongolia and Alaska.

**Your top 5 dishes to make at home?**

We normally opt for very simple dishes such as pasta, salads, steamed fish like sea bass and mackerel, and ice cream – homemade of course!



# Tried & rested

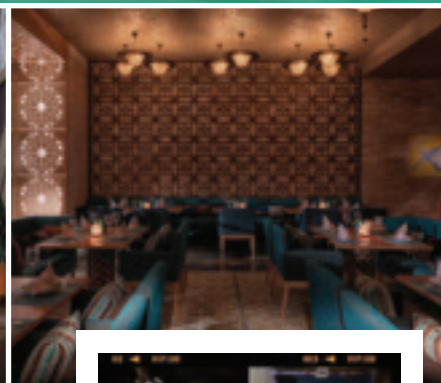
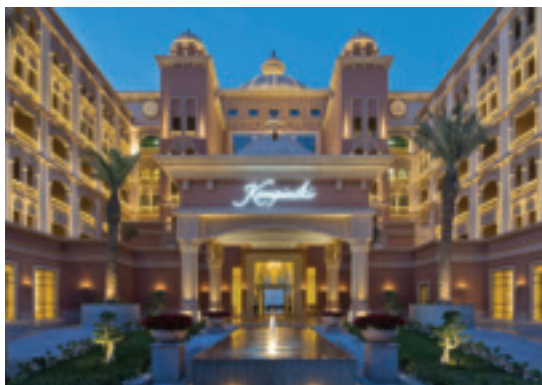
This month we discover two of the best culinary getaways from around the region

## MARSA MALAZ KEMPINSKI THE PEARL, DOHA

**Where:** Set on its own private island, Marsa Malaz Kempinski The Pearl, Doha makes for an exhilarating escape from the UAE. As we entered the awe-inducing lobby, with mosaics embellishing many of the walls and plant pots, beautiful sculptures at every corner and exquisite chandeliers and lights adorning the ceilings, it was clear to see that this was going to be a decadent experience. Marsa Malaz Kempinski opened this year and is the only licensed hotel on the island, making it a popular hotspot for tourists and locals alike looking for fine dining and an entertaining evening. Our Grand Deluxe Room – inclusive of 24-hour butler service – was a vast space that featured an office and lounge, an expansive balcony boasting views of the sea and pools below, along with a vanity area and lavish bathroom.

### Facilities & amenities:

Enjoy swimming in several of the swimming pools at the resort or take a stroll along the private beach, before a luxurious pamper session at the first Spa by Clarins in Doha. The hotel also has a health club, tennis courts, water sports and even a bouncy castle for the little ones.



### What we ate:

We were astonished at the number of international and homegrown outlets at Marsa Malaz Kempinski, featuring almost every cuisine imaginable. Brunch at Sawa is curated by executive chef Mattias Rook and serves international fare at live-cooking and buffet stations – a must-try if you're in Doha for a weekend. We also delighted in an authentic



Spanish spread at El Faro, whipped up for us by the restaurant's super-talented head chef Raúl Cob, where we sampled starters of, an assortment (seafood, chicken and vegetarian) of incredible paellas and desserts including the naughty-but-divine churros, all paired with spectacular sangria. Our final meal at the hotel was at the enchanting Al Sufra, a restaurant with turquoise accents, fountains and carved-wood furnishings. We were treated to a feast of Levant cuisine where we tucked into cold and hot mezze such as Basterma cheese roll (moreish fried rolls of cheesy goodness), stuffed vine leaves and other speciality dishes, before being served Chicken Makloubeh – a traditional meal of layered rice, chicken, cauliflower and potatoes – and Hammour in a clay pot, which was cooked to perfection. Leave space for dessert, where you can enjoy refreshing delicacies both from the menu and the fresh Arabic pastry counter. Post-dinner drinks were also enjoyed at Toro Toro and Nozomi – we'd highly recommend popping in, even just for bar bites and cocktails.

**Best for:** A decadent, gastronomic getaway for food-enthusiasts.

**If you want to go:** From Dhs1,050 per night. Call +974-40355555  
| E-mail [reservations.marsamalaz@kempinski.com](mailto:reservations.marsamalaz@kempinski.com).



Surena Chande



## FAIRMONT AJMAN

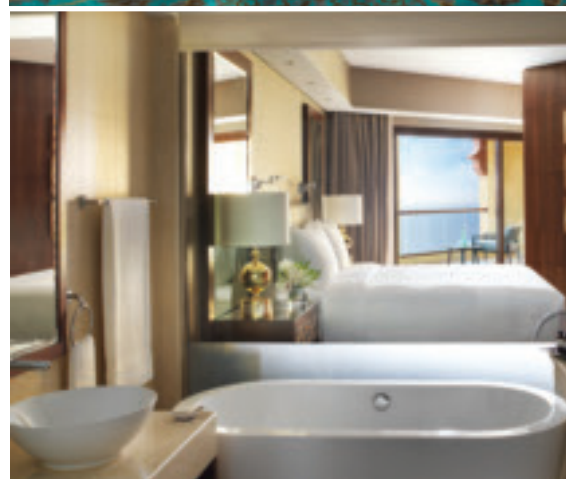
**Where:** Perfect for escaping the hustle and bustle of Dubai for a weekend getaway, Fairmont Ajman is perched upon its own idyllic cove beach on Ajman's Corniche, and is just a short 35-minute drive from the city (with the exception of Thursday night's usual backlog). Having just opened earlier this year, the 252-key resort offers a real fresh, revitalising feel. Stepping through the lobby, you're surrounded by modern décor combined with contemporary touches, with light and dark hues. Inside our Junior Suite, we were stunned by breath-taking views of the Arabian Gulf – especially at sunset, it's such a relaxing sight. From the Le Labo bath amenities and rain shower, to the plushly-dressed king bed, it's safe to say you'll more than unwind in this room.

**Facilities & amenities:**

With its own lifeguarded beach and irresistible infinity pool, Fairmont Ajman is a sun-worshipper's dream – not forgetting the in-pool bar, which serves all sorts of frozen cocktails, mocktails and refreshing beverages throughout the day. Taking relaxation levels up a notch, the hotel is also soon to open its Spa, which will include designated ladies and men's treatment rooms, eight in total, a Jacuzzi area, steam and sauna rooms, an invigorating ice shower and more. There's also a 24-hour health and fitness centre.

**What we ate:**

Although the resort has a total of seven F&B outlets, the highlight had to be the dining experience encountered at the recently-opened Kiyi Restaurant, an authentic Turkish outlet, which takes you on a journey of flavours from start to finish.



Celebrating the diversity and culture found in traditional Turkish food, the menu explores both classic and contemporary dishes. Served in an Imperial Ottoman setting, the atmosphere feels very genuine and almost makes you feel as if you were inside a wealthy Turkish family's home during dinner-time. From succulent grills to delicacies such as Et Sotesi, pan fried beef fillet in rich tomato sauce, and Kuzu Tandır, slow cooked lamb shank and a generous seafood selection, you won't leave hungry. We also enjoyed a delicious dinner at Gioia, the hotel's modern Italian restaurant, where an open-kitchen and traditional pizza oven creates a welcoming air. Think of your usual Italian favourites with a twist. My personal favourite had to be the deconstructed take on Tiramisu! For breakfast, Spectrum, the all-day-dining outlet puts on a generous spread – catering to all nationalities and tastes.

**Best for:** A relaxing, luxurious weekend away with your other half, or close friends.

**If you want to go:** From Dhs954 per night. Call +971-6-7015757 | E-mail [ajman@fairmont.com](mailto:ajman@fairmont.com).



Sophie McCarrick





# The Big Brunch

Amwaj  
**Rotana**

Jumeirah Beach – Dubai

## Big Brunch @ Amwaj

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Make a date every Friday for the Big Brunch @ Amwaj.

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[rotana.com](http://rotana.com)



# .....Ready, Steady, Go!

With the 2015 Formula 1 Abu Dhabi Grand Prix weekend taking place from November 27-29, we've put together a checklist of the hottest happenings for you to take a pit-stop at



**Quench your thirst** at Iris Yas Island before or after the race. Perfect for enjoying the cooler temperatures, the bar and restaurant offers stunning views of Yas Marina and has an extensive menu comprising international sharing plates and speciality cocktails to enjoy. It's the ideal spot to wrap up the day. *Call 05-51605636.*

**Listen to** Florence + the Machine on November 28, performing after the race at the Du Arena. Hailing from South London, with a sound that blends rock, pop and soul, Florence + the Machine has earned considerable buzz since the bands beginnings in 2007. *For tickets visit [www.yasmarinacircuit.com](http://www.yasmarinacircuit.com).*



**Unwind** at Café D'Alsace, a relaxed, quirky, chic restaurant that combines the best of French, German and Swiss cuisine. Open for both lunch and dinner over the F1 weekend, the European-style bistro offers a hearty menu, sure to keep you energised for the race. *Call 05-08115414.*

**Fuel up** and indulge in the taste of Ferrari's homeland at Cipriani Yas Island, the authentic Italian located at Yas Marina. With a special a la carte menu from 11.30am until 4.00am, the restaurant is perfect for lunch, dinner, or post-race concert. *Call 02-6575400.*

**Fill up** for lunch or dinner at Yas Links Abu Dhabi's 'racing buffet'. Served from November 27-29, from 12.00pm to 4.00pm for lunch, or 6.00pm to 10.00pm for dinner, the buffet package starts at Dh150, including soft drinks, or Dh299 including house grape and bottled hops. *Call 02-8107710.*



**Stop by** Yas Viceroy's Italian restaurant Amici, where legendary chef Antonio Mellino will take over the kitchen for the F1 weekend, bringing with him the finest in Italian cuisine from his restaurant Quattro Passi. Dishes on offer include ravioli filled with smoked provola cheese and rocket salad; spaghetti with sea urchin; fillet of seabass in a tomato, caper, olive and basil sauce; slices of Scottona beef with white turnip; and hot chocolate flan. The menu will be available from 12.00pm to 3.00pm and 4.00pm to 11.00pm. A minimum spend starting from Dh450 per person is required. *Call 02-6560600.*



**Don't miss** Enrique Iglesias, the king of Latin pop. Known for his #1 hit single, 'Bailando', he is unarguably one of best-selling Latin recording artist in music history. The singing superstar will perform after the race on November 27 at the Du Arena. *For tickets visit [www.yasmarinacircuit.com](http://www.yasmarinacircuit.com).*



# 10 TIPS TO PREVENT OR CONTROL DIABETES

November 14 marks World Diabetes Day and with statistics in the region rising rapidly, Surena Chande shares tips and foodie advice to prevent or manage diabetes.



Created by the International Diabetes Federation (IDF) in 1991, World Diabetes Day (WDD) is the world's largest diabetes awareness campaign and reaches over 1 billion people annually. Sadly, the prevalence of diabetes is on the rise in the UAE with 803,900 reported cases in 2014 alone according to the IDF's website, along with the number of sufferers worldwide having risen by 5 million globally.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes is usually found before the age of 40 and is the most common type of childhood diabetes. This is where the pancreas is not able to produce any insulin, which is crucial as the body's organs can be damaged when there is too much glucose in blood.

With type 2 diabetes, the body is not producing enough insulin or the body's cells are not reacting to the insulin being produced. It can be caused when the body is not using the insulin produced effectively and is often genetic or due to extra weight, though there are also a number of other contributing factors too.

Dubai-based Nutritional Therapist Vanessa Kahler says, "insulin resistance, metabolic syndrome and type 2 diabetes have reached epidemic proportions. A study by Yale University indicated that nearly one in four children aged four to 18 already have pre-diabetes."

## Prevention is better than cure

Regardless of whether anyone in your family has suffered from diabetes, it is vital to go to the doctors regularly for check-ups. Early detection reduces the chances of the condition worsening and of additional damage being done to your body.



## 2

### Exercise is essential

With our lives becoming increasingly sedentary, where we often sit at our desks for hours with almost no breaks, it is key to get active. If you're new to exercise, a super-easy way to incorporate it is to walk for 30 minutes daily at a brisk pace, this can be on a treadmill or outdoors.

## 3 Tuck into fruits and vegetables

Eating food in its rawest-possible form is a very easy way to eat healthy, so try to incorporate more fruits and vegetables in your diet.



## 8 Join forces

6 Families can help to prevent the risk of developing diabetes by taking a lead role in their health. Become aware of your basic human needs (good food, water, sleep, exercise etc.) and make sure you are attending to these. Ensure that you and your family become educated in wellbeing and apply that knowledge. Adopting healthy eating habits together and they will be longer-lasting 9

- Vanessa advises.

## 4 Swap out the sugar

It is vital to limit your sugar intake whether or not you already have diabetes. You'll be surprised at just how many foods have hidden high levels of sugar. Though fruits are a healthier option to sweets, they do contain high levels of natural sugars so don't go overboard.

## 5 Eat right

"Support blood glucose control by creating lifestyle routines that allow you time to eat a full breakfast, a moderate lunch and a light dinner. Never skip meals. To minimise overeating, eat together, eat mindfully and always eat seated.

Chew slowly and serve portions that are appropriate to body size", explains Vanessa.

## 6 Get rid of the grease

6 Cook smarter by using less oil. If you are to cook with it, try to opt for olive oil. However, where possible, try to bake, grill or steam food and avoid deep-frying any dishes. There are plenty of air-fryers on the market, which require no oil or a teaspoon at the most and trust us, food still tastes just as good.

## 7 Farewell fast food

An easy way to cut back on the amount of fat, grease, preservatives and other hidden nasties consumed is to ditch fast food and takeaways. Vanessa says, "Avoiding all processed foods will cut out a significant percentage of added salt." With the UAE ranking as a country with the 16th highest rate of diabetes worldwide, it's time to start cutting down on fat-filled fast food. Start making more meals from scratch, you can find plenty of healthy recipes at [bbcgoodfoodme.com](http://bbcgoodfoodme.com)!

## 9

### Slash the salt

Most of us are guilty of sprinkling on a little too much salt onto our meals. An easy way to reduce consumption is by using spoon measurements rather than sprinkling it from the shaker.

## 10 Make meat swaps

10 According to research and reports, the consumption of red and processed meats could increase the risk of developing diabetes. Instead, reduce the amount of meat you eat or switch to white meat or vegetarian/vegan alternatives. 81



SUPPER FOR TWO

# Discover Korean FLAVOURS

Korean cuisine might be the best food you've never tried, says food writer and chef Judy Joo. Her authentic recipes make an ideal introduction, and a satisfying meal for two Photographs WILL HEAP



I grew up in the US with food all around me. It was a language of love for my Korean-born parents, and a means of child labour

in our household! I recall endlessly picking long roots off mountains of beansprouts, stuffing hundreds of dumplings, brushing oil on thin sheets of seaweed, and harvesting bristly sesame leaves from our garden. Most of my chores were based around food, and creating that taste of home so far from my parent's native Korea.

Our laundry room was often full of bubbling pots containing fermenting rice drinks, and seaweed hung from hangers in our garage. The porch was crammed with large clay pots full of kimchi (fermented spicy cabbage) made the previous season, ripening in the shade. I was frequently lured from my studies by the smell of sweet smoke from a Korean barbecue, with its hints of ginger, garlic and nutty notes of sesame oil.

Our dinner table included various dishes, with a hot, spicy stew of silky tofu and seafood boiling centre stage. Grilled galbi rib-eye steaks were served with fresh, crisp lettuce leaves, steamed rice and ssamjang (a thick, paste-like sauce that lends a deep rich heat and umami kick). No meal was complete without

banchan –small dishes served with every Korean meal. These side plates filled every inch of the table, with their colourful marinated vegetables, pickles, meats and various types of kimchi.

If you haven't tried Korean food, then I think you're definitely in for a treat. A convivial, bright and vibrant cuisine, it's to be shared and enjoyed with friends and family. Koreans are famed for their barbecue dishes and are masters of beef, with dishes such as galbi and bulgogi being popular everywhere. Our beef dishes are deeply sweet and savoury, and complemented with ginger and soy. Just the smell of the grilling will lure people to the table.

I loved every bite growing up, and every bite was made with love. I take this love for food to my cooking now, as every recipe holds a unique memory for me.

Judy Joo was born in the US and had a career in finance before enrolling at the French Culinary Institute in New York. In London, she trained with Gordon Ramsay, and later became the Executive chef for the Playboy Club. Judy now has her own restaurant, Jinjuu, in Soho ([jinjuu.com](http://jinjuu.com)).



Bulgogi



Ssamjang



Sesame spinach



Seasoned  
beansprouts

Jap Chae  
noodles  
with prawns

Quick spicy  
radish pickle

Spicy spring  
onion salad

Steamed  
white rice

Turn over for recipes >>





## Bulgogi

**SERVES 2**

**PREP** 15 mins plus marinating

**COOK** 20 mins **EASY** **IRON** **1 OF 5 A DAY**

raw marinated beef only

- 450g very thinly sliced beef bulgogi meat (sold at Asian supermarkets), or sirloin**
- 3 tbsp dark brown sugar**
- 1 small unpeeled firm but ripe pear, grated (optional)**
- 3 tbsp soy sauce**
- 1½ tbsp toasted sesame oil**
- 2 tbsp vegetable oil**
- 5 garlic cloves, grated or crushed**
- 1½ tsp grated ginger**
- 1½ tbsp roasted crushed sesame seeds**
- 1 small onion, thinly sliced**
- 4 white button mushrooms, sliced**
- 1 small carrot, julienned**
- TO SERVE**
- 4 chives, snipped**
- 1 tbsp black sesame seeds**
- 1 tbsp toasted sesame seeds**

**1** In a shallow dish, combine the beef, sugar and pear (if using) thoroughly, and leave to sit for 30 mins at room temperature. Meanwhile, in a large bowl, mix the soy sauce, sesame oil, 1 tbsp of the vegetable oil, the garlic, ginger and sesame seeds to make a marinade, and set aside.

**2** When the beef is ready, squeeze out any excess sugary liquid, then add the beef to the marinade. Toss to coat, cover and marinate at room temperature for 30 mins. *Can be marinated for longer, or left overnight in the fridge.*

**3** In a large frying pan or wok, heat the remaining vegetable oil over a medium heat. Add the onion and cook for 6-8 mins until softened. Add the mushrooms and carrots, and cook for 5 mins until slightly softened. Raise the heat to medium-high, add the beef and marinade, and cook for 4-5 mins, stirring occasionally, until the meat is browned. Transfer to a platter and sprinkle with the chives and sesame seeds.

**PER SERVING** energy 694 kJ • fat 36g • saturates 9g • carbs 39g • sugars 36g • fibre 3g • protein 51g • salt 4.4g



## Jap Chae noodles with prawns

**SERVES 2**

**PREP** 20 mins **COOK** 20 mins

**EASY** **CALCIUM** **FOLATE** **FIBRE** **VIT C**

**IRON** **4 OF 5 A DAY**

- 200g sweet potato noodles or glass noodles**
- 2 tbsp soy sauce**
- FOR THE EGGS**
- 1 tsp vegetable oil**
- 2 large eggs, lightly beaten with a splash of water and a pinch of sea salt**
- FOR THE PRAWNS**
- 1 tsp vegetable oil**
- 2 large garlic cloves, grated or crushed**
- 12 king prawns, peeled and de-veined, tails removed, patted dry**
- 1½ tsp mirin (Korean mirin)**
- FOR THE VEGETABLES**
- 1 tsp vegetable oil**
- 1 large onion, thinly sliced**
- 12 shiitake mushrooms, de-stemmed and sliced**
- 1 large carrot, julienned**
- 140g baby spinach**
- 3 spring onions, cut diagonally into thumb-sized pieces**
- 1½ tbsp golden caster sugar**
- 2 tbsp toasted sesame oil**
- 2 tbsp toasted sesame seeds, crushed**
- 1 tsp soy sauce**
- TO SERVE**
- ½ spring onion, cut into thin strips, soaked in ice water until curled, then drained**
- 1 tsp black sesame seeds**

**1** Bring a large pan of water to the boil. Add the noodles and cook following pack instructions until soft. Briefly rinse in cold water and drain well. Transfer to a large bowl, toss with the soy sauce until coated, then set aside.

**2** To make the eggs, heat the oil in a non-stick frying pan. Add the egg mixture, swirling to evenly coat the bottom of the pan. Cook for about 2 mins, without touching, until the egg is set but just barely browned on the bottom. Flip and cook for 15-20 secs more until the bottom is just set. Slide onto a chopping board, roll into a log and cut crosswise into thin strips. Set the egg strips aside and wipe out the pan.

**3** To cook the prawns, heat the oil in the pan, add the garlic and cook for 10 secs, until fragrant. Add the prawns, season with salt and cook for 1½ mins, stirring often, until the prawns are just pink. Add the mirin and cook for 3 mins, stirring often, until cooked through. Transfer the mixture to a bowl.

**4** For the vegetables, add the oil to the pan over medium heat. Add the onion and cook for 1 min, stirring often, until slightly softened. Add any juices from the bowl of prawns and toss to coat. Add the mushrooms and carrot, and cook until slightly softened. Stir in the spinach in handfuls, adding more as it wilts. Add the spring onions and noodles, and toss together.

**5** Add the sugar, sesame oil, sesame seeds, soy sauce and a good pinch of salt. Toss well and cook for 2 mins until the noodles are heated through and glossy. Add the egg strips and prawns, and gently toss together. Transfer to a platter, top with the spring onions and sesame seeds, and serve immediately.

**PER SERVING** energy 960 kJ • fat 36g • saturates 9g • carbs 129g • sugars 36g • fibre 11g • protein 24g • salt 5.1g



## Steamed white rice

Rice is Korea's bread.

We eat it with every meal.

**SERVES 2**

**PREP** 5 mins **COOK** 30 mins

**EASY** **V** **LOW FAT** **GOOD 4 YOU** **GLUTEN FREE**

**1** In a medium saucepan with a tight-fitting lid, cover **140g short or medium grain rice** with cold tap water. Swish the rice around until the water becomes cloudy, then slowly pour it out, using your hand to keep the rice from falling out of the pan. Repeat 2 or 3 more times until the water runs mostly clear, then drain well.

**2** Add 175ml water and bring to the boil over a high heat. Once boiling, lower to a simmer and cover for 15-20 mins until the water is absorbed and the rice is soft. Do not lift the lid while the rice cooks. Remove the saucepan from the heat and let it sit, covered and undisturbed, for 10 mins. Uncover the pan and gently fold the rice over itself to fluff it up a few times before serving.

**PER SERVING** energy 239 kJ • fat none • saturates none • carbs 53g • sugars none • fibre 2g • protein 4g • salt none





## Spicy spring onion salad

**SERVES** 2-4 as a side **PREP** 20 mins plus soaking **NO COOK** **EASY**

- 4 spring onions, cut into long, thin strips
- 1/4 small red onion, thinly sliced
- 1/2 tbsp toasted sesame oil
- 1 tsp gochugaru (chilli flakes)

**1** Put the spring onions and onion in a large bowl of iced water and soak for at least 5 mins (or up to 2 hrs) in the fridge, until the spring onions curl up.

**2** When ready to serve, drain well, spin in a salad spinner or pat dry, then transfer to a medium bowl. Add the sesame oil, gochugaru and a pinch of salt, then toss to coat. Serve immediately.

**PER SERVING** (2) energy 45 kJ • fat 3g • saturates none • carbs 3g • sugars 2g • fibre 1g • protein 1g • salt none



## Seasoned bean sprouts

**SERVES** 2-4 as a side **PREP** about 5 mins **NO COOK**  
**EASY**

- 225g bean sprouts
- 1/2 spring onion, green part only, thinly sliced on the diagonal
- 1 garlic clove, grated
- 1 tsp toasted sesame seeds
- 1 tsp toasted sesame oil

**1** Bring a pan of water to the boil, add the bean sprouts, cook for 10-15 secs, then drain and rinse under cold water until cool, and drain again. Gently squeeze out any excess water.

**2** In a medium bowl, stir together the spring onion, garlic, sesame seeds and sesame oil. Add the bean sprouts, season with salt and gently toss to coat.

**PER SERVING** (2) energy 55 kJ • fat 3g • saturates none • carbs 3g • sugars 2g • fibre 2g • protein 3g • salt 0.2g



## Quick spicy radish pickle

**SERVES** 2 **PREP** 10 mins plus marinating **NO COOK**  
**EASY**

- 85g mooli, peeled and julienned or chopped into fine matchsticks
- 2 tsp sagwa shikcho (apple vinegar) or rice vinegar
- 2 tsp golden caster sugar
- 3/4 tsp gochugaru or chilli flakes
- 1/2 small garlic clove, grated

In a medium bowl, stir together all the ingredients with 1/2 tsp sea salt until the radish is coated. Cover and chill for 1 hr before serving.

**PER SERVING** energy 27 kJ • fat none • saturates none • carbs 6g • sugars 5g • fibre none • protein 1g • salt 0.1g



## Ssamjang

**SERVES** 2-4 **PREP** 10 mins **NO COOK**  
**EASY**

- 2 1/2 tbsp doenjang (soybean paste, see right)
- 2 tbsp gochujang (chilli paste, see right)
- 2 tbsp mirin (Korean mirin)
- 1/2 tbsp toasted sesame oil
- 1 tbsp toasted sesame seeds
- 1 garlic clove, grated
- 1 spring onion, thinly sliced

In a small bowl, whisk together all the ingredients and serve. Will keep, covered, in the fridge for up to 3 days.

**PER SERVING** (2) energy 136 kJ • fat 7g • saturates 1g • carbs 14g • sugars 7g • fibre 2g • protein 4g • salt 2.1g



## Sesame spinach

**SERVES** 2 **PREP** about 5 mins plus chilling **COOK** 1 min  
**EASY**

- 1 tbsp toasted sesame oil
- 1/2 tbsp soy sauce
- 1/2 tsp toasted sesame seeds, crushed
- 1/2 tsp rice vinegar
- 1/2 tsp golden caster sugar
- 1 garlic clove, grated
- 225g spinach, stem ends trimmed

**1** Bring a large pot of water to the boil and fill a large bowl with cold water and a handful of ice. Meanwhile, in a medium bowl, stir together the sesame oil, soy sauce, sesame seeds, vinegar, sugar, garlic and pepper to taste, until the sugar has dissolved. Set the dressing aside.

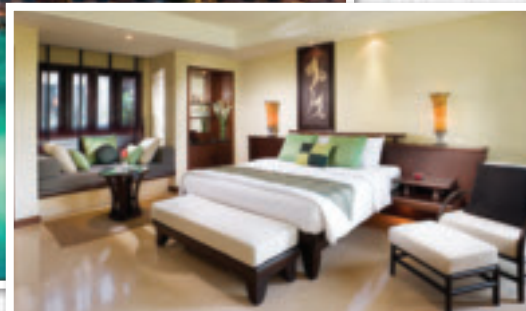
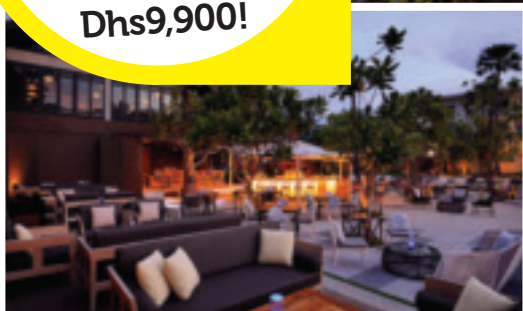
**2** Blanch the spinach in the boiling water until just wilted, then scoop straight into the cold water. Drain well and squeeze out any excess water. Gently loosen the clumps of spinach with your fingers, transfer to the bowl of sesame dressing and toss together. Cover and chill for about 1 hr to let the flavours mingle.

**PER SERVING** energy 104 kJ • fat 8g • saturates 1g • carbs 3g • sugars 3g • fibre 3g • protein 4g • salt 1.1g



**Win!**

A 3-night stay for two in Phuket worth over Dhs9,900!



## Be treated to a three-night stay in a Plunge Pool Penthouse Villa for two people at the fabulous Mövenpick Resort & Spa Karon Beach Phuket, inclusive of selected meals and spa treatments for two.

A truly versatile resort that offers plenty of facilities for guests to enjoy, the Mövenpick Resort & Spa Karon Beach Phuket makes for a magical getaway.

The resort has 113 luxurious and secluded villas that offer private plunge pools, beautiful décor and access to great facilities, along with 220 rooms and suites providing magnificent views of the sea and lavish garden grounds.

You will find several scrumptious eateries at the resort with its selection of dining outlets: Pacifica Restaurant and Terrace, which offers delicious al fresco dining, OrientAsia serving up culinary classics from around the region, El Gaucho for the finest grills on the island and Mint, a contemporary eatery with café-style food. Additionally, the resort also features leisure activities for guests including swimming pools, children's play areas and of course, a delightful spa.

The winner and a guest will be spoilt with a three-night stay in a dreamy Plunge Pool Penthouse Villa inclusive of daily breakfast, a mouth-watering Churrasco dinner with a bottle of wine for two people at El Gaucho, a relaxing spa treatment for each guest and return airport transfers.

The prize draw for a three-night stay for two people at Mövenpick Resort & Spa Karon Beach Phuket worth over Dhs9,900 will be made at the end of November 2015. The prize is valid until 1 December 2016, reservations are required and confirmation is subject to conditions and availability. The winner must arrange their own transport to Phuket.

Scan this QR code to go straight to our website.

Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)

to enter this competition and simply answer this question:

**Name two of the resort's dining outlets?**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.





**Win!**

A 2-night stay for two in Abu Dhabi worth Dhs8,000!



## Enjoy a luxurious two-night staycation for two adults inclusive of breakfast and one dinner at Sheraton Abu Dhabi Hotel & Resort.

Escape the ordinary and enjoy a luxurious getaway at Abu Dhabi's celebrated gathering place. An iconic part of the capital's cityscape, Sheraton Abu Dhabi is perfectly located to experience enchanting Abu Dhabi.

Having originally opened in 1979, the glorious landmark has seen the capital evolve and grow. The hotel features a total of 272 deluxe rooms (including three club floors), 11 executive suites, three royal suites, one presidential suite and two diplomatic suites. You will also have access to the fully-equipped modern gym facilities, its themed restaurants and bars and the ability to explore Abu Dhabi due to its convenient, central location.

Check into your spacious Executive Suite for two nights of relaxation and enjoy five-star service in beautiful Arabian surroundings. Rejuvenate in the hotel's lush palm-tree garden, soak up the sunshine by the pool and savour a delectable breakfast in Flavours. You will also be treated to a real Italian feast in La Mamma on a night of your choice inclusive of a starter, main and dessert for both guests (excluding beverages).

**The prize draw for a two-night stay for two people at Sheraton Abu Dhabi Hotel & Resort worth Dhs8,000 will be made at the end of November 2015.**

**The prize is valid until 30 April 2016, reservations are required and confirmation is subject to availability. The winner must arrange their own transport.**

Scan this QR code to go straight to our website.



**Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)**

to enter this competition and simply answer this question:

**When did the Sheraton Abu Dhabi Hotel & Resort first open?**

\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



# Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

## WIN!

**A THEMED  
BUFFET DINNER FOR FOUR AT  
LAKEVIEW, DUBAI CREEK &  
YACHT CLUB, WORTH DHS650**

The lucky winner and three guests will be treated to a delightful dinner at Lakeview inclusive of selected beverages. Nestled in Dubai Golf & Yacht Club, Lakeview provides breath-taking views of the city and a variety of themed buffet nights with an assortment of stations including a tandoor station, Peking duck station and dim sum station.



## WIN!

**A DINING  
VOUCHER AT  
DYNASTY CHINESE RESTAURANT,  
RAMADA HOTEL DUBAI,  
WORTH DHS500**

One of Dubai's most established and reputable Chinese restaurants, Dynasty specializes in Szechuan and Cantonese cuisines. The decoration is traditional, the service is friendly and knowledgeable and the menu choice is extensive – offering classic Chinese dishes with a local interpretation. Dig into delicious Chinese delicacies at Dynasty where the winner can enjoy Dhs500 worth of food with guests.



## WIN!

**A MEAL  
FOR TWO  
AT PER TE RISTORANTE E CAFÉ,  
JUMEIRAH, WORTH DHS500**

One winner and a guest will enjoy a scrumptious meal at Per Te Ristorante e Café. You'll have the chance to savour authentic Italian antipasti, homemade soups, fresh pasta, wood-fired pizzas and indulgent desserts. The restaurant also has special menus for guests that prefer gluten-free, eggless or vegetarian options making it the perfect versatile dining destination.



## WIN!

**BRUNCH FOR  
FIVE AT TAMARIND TANDOOR  
RESTAURANT, RAMADA HOTEL  
DUBAI, WORTH DHS495**

A brand new concept of traditional tandoor, Tamarind Tandoor offers a vast selection of chutneys and allows you to choose the spice level of your dish before the chef cooks it to your tastes. One lucky winner and four guests can enjoy the eatery's spectacular brunch (excluding alcohol) where you can take your taste buds to new levels.

## WIN!

**BRUNCH FOR A WINNER AND GUEST AT  
MINT LEAF OF LONDON, DIFC, WORTH DHS590**

One lucky winner and a guest will have the chance to indulge in Mint Leaf of London's fine-dining Indian brunch. Enjoy a spread of contemporary cuisine while feasting your eyes on beautiful views of the Burj Khalifa. Dishes such as Punjabi Chicken Masala, Lamb Bhoona and the classic Dal Makhni are must-tries.

**To stand a chance to win these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.**

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.







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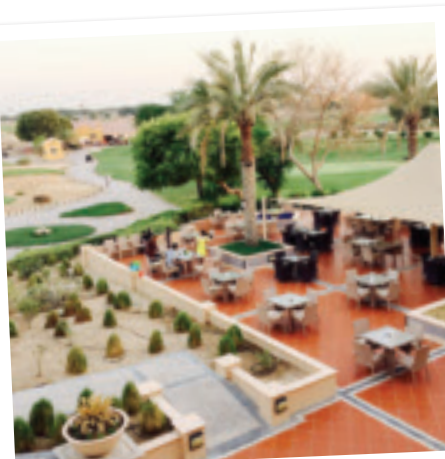
Mall of the Emirates | Spinneys Centre, Umm Suqeim | Town Centre, Emirates Hills | Mirdiff City Centre  
Zwilling J.A. Henckels, Dubai Mall | Al Ain Mall | Abu Dhabi Mall | Me'Aisem City Centre

**TAVOLA**

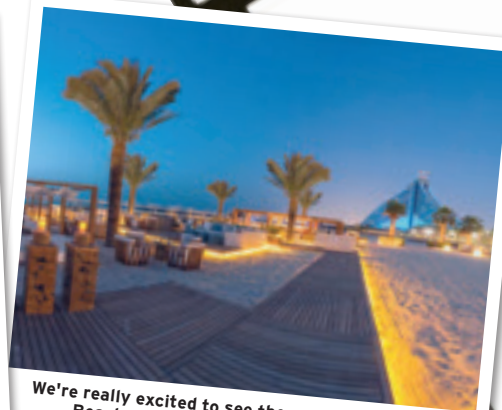




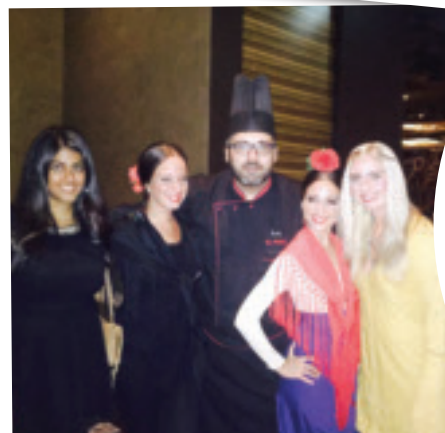
Sophie enjoyed a deliciously meaty meal at the opening of The Hide in Al Qasr.



Now that the weather is cooling, Odie stopped by the Arabian Ranches Golf Club for Friday brunch.



We're really excited to see the new outside hot-spot, Beach Lounge launch at Jumeirah Beach Hotel.



Surena and Sophie hang out with the Spanish team at El Faro.

## Behind the scenes

Take a look at what the *BBC Good Food Middle East* team got up to last month! Places we've been, things we love and the latest must-try dishes!

#bbcgoodfoodme



We're excited to see Classic Burger Joint open its doors at Aspin Commercial Tower II.



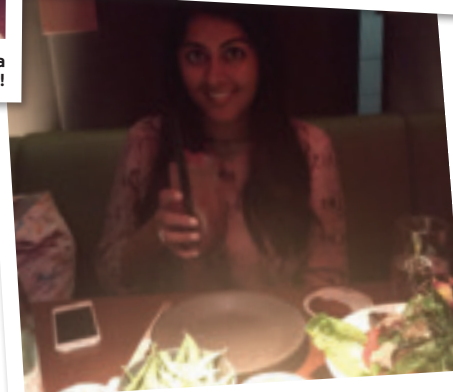
Odie says that Rita's Italian Icecream shop is where to head to curb any sweet tooth.



Sophie and Surena travelled to Kempinski Doha for a weekend of culinary fun!



Surena, Sophie & Sales Executive, Lara, check out The Scene's quirky lunch offering for just Dhs35.



Surena says that the cocktails at Novikov are not to miss out on!



Nozomi Doha, the fine dining sushi restaurant is now open and Sophie and Surena went to check it out.

Share your foodie snaps with us

- @BBC GoodFoodMiddleEast
- @BBC GoodFoodMiddleEast
- @BBCGoodFoodME